



**THE BHARAT SCOUTS AND GUIDES**

Creating - Better India



# DWITIYA SOPAN

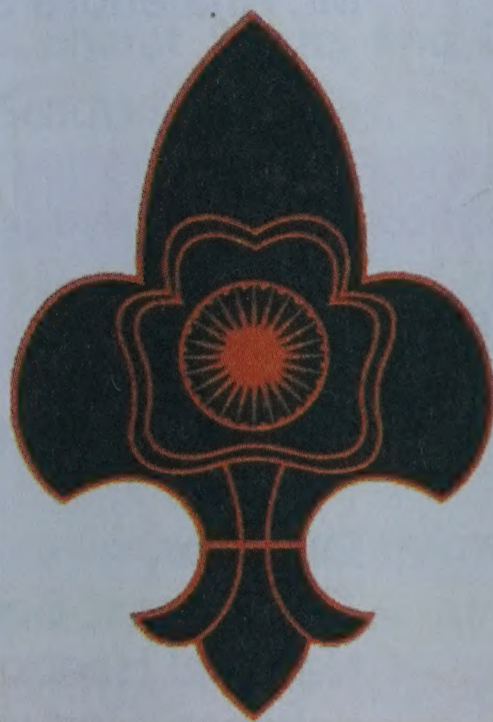
**SCOUT & GUIDE HANDBOOK SERIES : 03**





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**Scout & Guide Handbook Series 03**



**THE BHARAT SCOUTS AND GUIDES  
NATIONAL HEADQUARTERS**

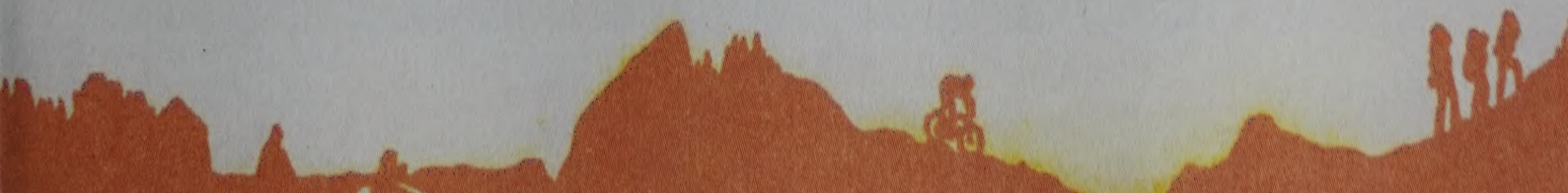
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# DWITIYA SOPAN

Scout & Guide Handbook Series 03

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## FOREWORD

This book is one in the series of basic books being published by The Bharat Scouts and Guides, National Headquarters for Scouts and Guides.

I am very happy to read the contents of the book. Really all trainers have done a wonderful job. This book was eagerly awaited by all the Scouts Guides and their Unit Leaders since long.

This book provides all the information related to Dwitiya Sopan Scout/Guide as per APRO II/III. Colour sketches and photographs will definitely help Scouts/Guides to learn skills easily.

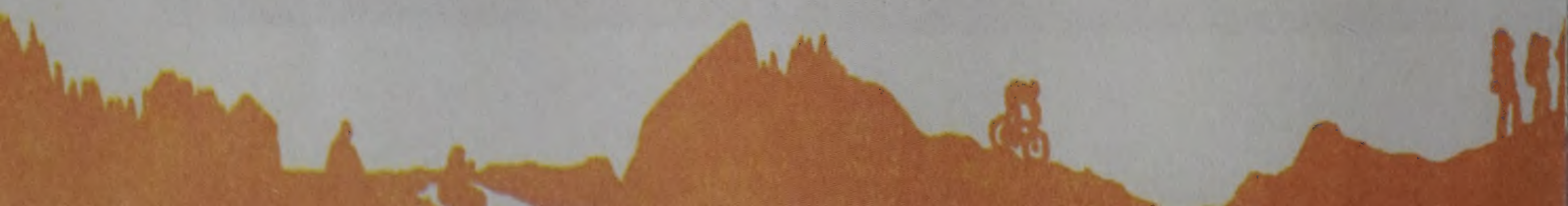
We should acknowledge the contributions made by all the Trainers who worked hand to bring this edition of this book.

Best of Luck and Happy Scouting and Guiding.

**Dr. K.K. KHANDELWAL, IAS (RETD.)**  
**CHIEF NATIONAL COMMISSIONER**

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# DWITIYA SOPAN

Welcome to Dwitiya Sopan stage. After working for more than 6 months for Pratham Sopan, now you have enter in a new stage called Dwitiya Sopan in which you have to work atleast for 6 months to enter in to next stage i.e. Tritiya Sopan.



## SYLLABUS

### 1. Pioneering:

- a) Demonstrate Timber hitch, Rolling hitch, Marline spike /Lever hitch & Figure of Eight knot and their uses.
- b) Tie the following lashings and know their uses: Square and Figure of Eight.
- c) Demonstrate the uses of hand axe or chopper and know the safety rules and how to keep them sharp.
- d) Demonstrate the use, safety and sharpening of a dagger or a pen knife and the use of a screw driver, pliers and hammer.

### 2. Fire:

- a) Know different types of fire used in camping/outing.
- b) Lay and light a wood fire in the open with not more than two match sticks

### 3. COOKING:

- a) Know the working & maintenance of a kerosene, pressure stove or a Gas stove.
- b) Cook in the open two simple dishes enough for two persons & make tea/ coffee.
- c) Know the safety precautions in case of gas leak.

#### **4. COMPASS & MAP:**

- a) Know the sixteen points of a compass.
- b) Be able to find North by at least two constellations at night.
- c) Using a Compass know how to find the bearing of various objects from your position.
- d) Follow a trail laid out using compass bearing & distances.
- e) Know the terms: Scale, Direction, Conventional signs, Contours & Grid Reference.
- f) Be able to use a tourist map.

#### **5. FIRST - AID:**

- a) Have knowledge about wounds and know how to deal with Bleeding, Burns and Scalds, Sprains, Stings & Bites
- b) Demonstrate the use of Roller bandages.
- c) Demonstrate the use of a Triangular Bandage for the Head, Hand, Knee, Foot, Ankle and Arm fracture.
- d) Improvise a stretcher

#### **(6) Estimation:**

- (i) With the help of improvised apparatus, estimate two distances/widths of not more than 100 metres but not less than 30 metres.
- (ii) Know the length of your stride/Pace and using this, estimate the distance travelled.

#### **7. OUT OF DOORS:**

- a) Participate in a Troop/Company Wide Game.
- b) Participate in a Troop/Company Campfire & know at least two folk/patriotic songs & participate in a Patrol skit.
- c) Know & practice Road Safety Rules for vehicles.
- d) Know how to ride a bicycle.
- e) Visit a factory in the neighbourhood of schools/ colleges/ residence to understand the manufacturing

process of various products and also to respect the dignity of labour.

## **8. SERVICE:**

**Complete any one of the following:**

- a) Undertake a development Project in your school in consultation with the head of the institution.
- b) Participate in a Social Service Camp/Camps covering at least for a month.
- c) Serve in community fair or Mela including preparatory and post event assignments of Mela/fair.
- d) Participate in an Anti-Litter Campaign with your Patrol and help to clean up an area around your school or headquarters.
- e) Demonstrate the 3R's of Conservation: Reduce, Recycle & Reuse.
- f) To form and participate in Self Help Groups (For Scouts only) to form and participate in Self Help Groups and such other sustained activities where Guide Skills are made use of.
- g) Such other sustained activities where Scout skills are made use of (For Scouts only)

## **9. SENSE TRAINING:**

Know and play the following Kim's games :

Observation Game. Taste Games, Sound Games. Smelling Games, Touch Games.

## **10. Qualify for two from the following Proficiency Badges:**

- (i) Cook, (ii) Debater,
- (iii) Friend to Animals, (iv) Gardener,
- (v) Handyman / Handy Women (vi) Cyclist,
- (vii) Launderer / Launderess (viii) Reader
- (ix) Hospital man (For Scouts only)/Child Nurse (For Guides only)

## **11. DISCIPLINE:**

- a) Know the various Troop Formations.
- b) Be able to march three deep with your Troop/Company smartly & in good order. Follow drill commands during marching.
- c) Participate in four All Faiths Prayer meetings in your Troop/Company.

## **12. COMMUNICATION:**

- a) Use a computer and know the advantages and disadvantages of mobile phone, internet and their applications in the development of the country.
- b) Know how to use the internet & access the website of the Bharat Scouts & Guides.

## **13. PATRIOTISM:**

Collect information on our heritage and culture and prepare a log book.



तैयार

# 1. Pioneering

- ✘ *Pioneers are men who go ahead to open up away in Jungle or else therefore those who are following them.*
- ✘ *Pioneers have to develop knots and lashing skills and the use of tools like Axe, Chopper Hand Axe Hammer etc.*
- ✘ *Pioneers have to build improvised shelter on the way to watch the followers and also they build Machan on tree tops.*

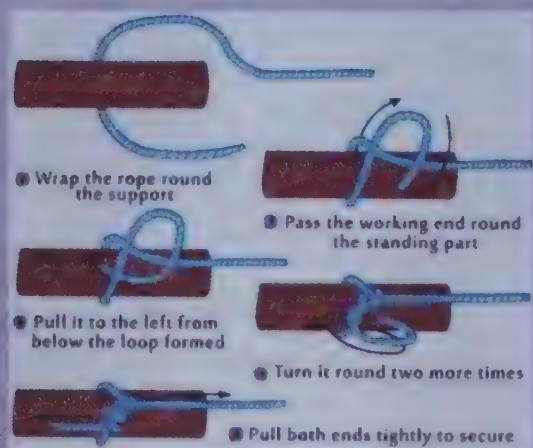
**Now Demonstrate the following to your Scouts/ Guides in their outing:**

## A ) TIMBER HITCH

A knot to begin with the diagonal lashing.

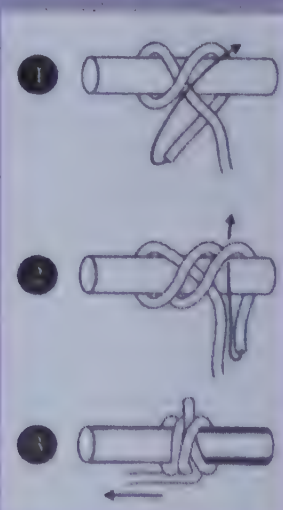
### Uses:

1. to move logs
2. to improvise anchor with a heavy stone for hoisting or dragging cylindrical objects, boards etc.
3. for drawing a bundle of sticks, poles etc.



## ROLLING HITCH

The points of emphasis are that the knot is for taking a strain roughly parallel to the rope to which it is attached; that the first half hitch takes the strain; and that the round turn binds the knot fast and is the secret of the knot's strength. Start with a half hitch and then take a round turn, round standing part and larger rope and finish with a half hitch on top.

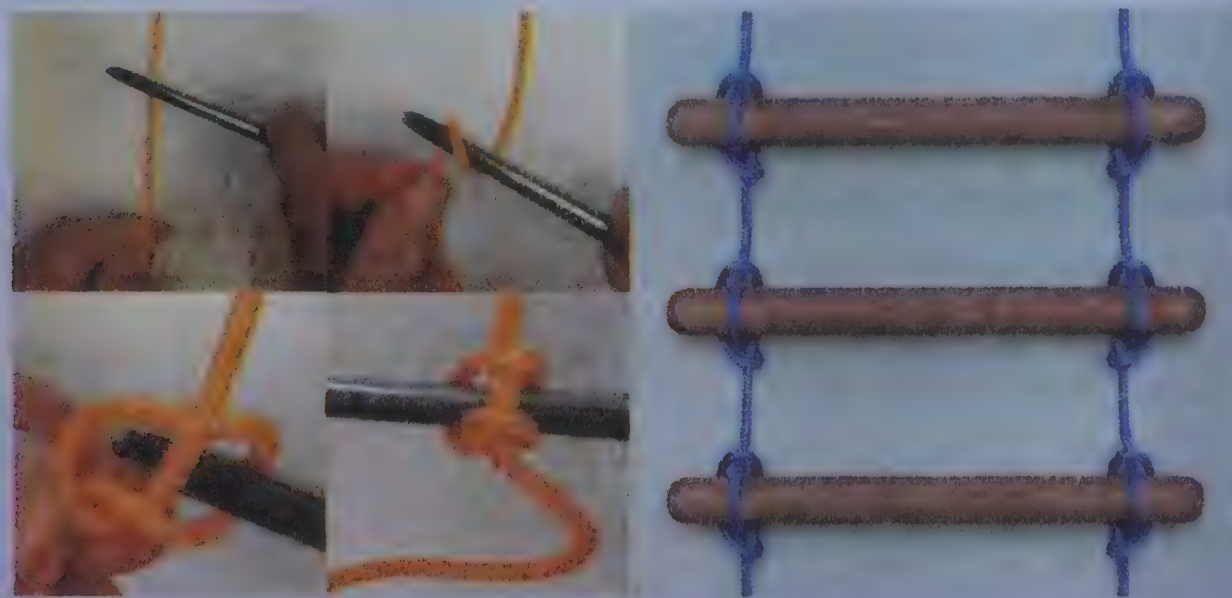


## Uses:

1. for tying the open side of a sack.
2. It is a non-slipping hitch for pulling round a spar or another rope.

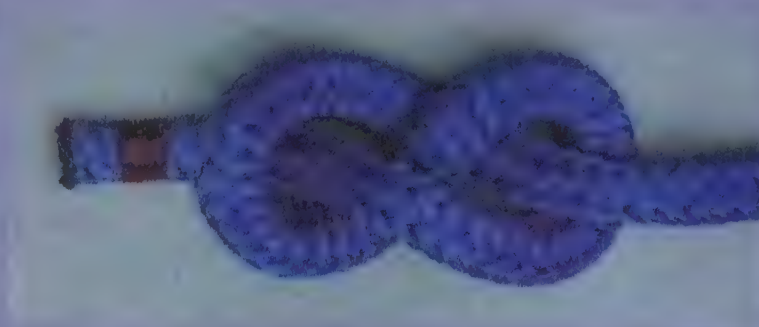
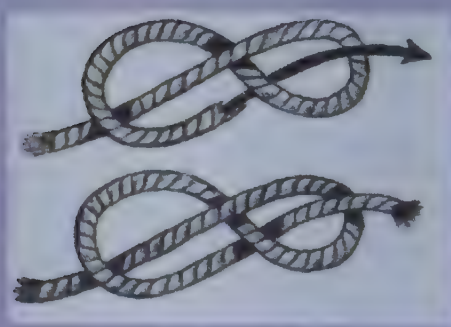
## MARLINE SPIKE / LEVER HITCH

Marline Spike / Lever Hitch is used to make a loop on the rope to prepare a rope ladder.



## FIGURE OF EIGHT KNOT :

Figure of eight knot is an alternate for whipping the end of an ordinary/slippery rope



## B) Lashings

Lashing is a method of tying two spars/poles/staves using a rope. There are many types of lashings used by people but in Indian Scouting/Guiding, we are using five types of lashings only. Lets know them.

## SQUARE LASHING

Square lashing is used to tie two spars together to take the weight when they are crossing at any angle other than parallel.

To begin the lashing the clove hitch is put on the vertical spar below the horizontal spar. Wrap the rope first over one spar, then under the other, pulling tight all the time.

On the second time round, go inside the previous turn of rope on the top, but outside underneath the spars.

After 3 wrapping, apply 2 frapping, then pull on the rope and finish it with a clove hitch on the horizontal spar inside.

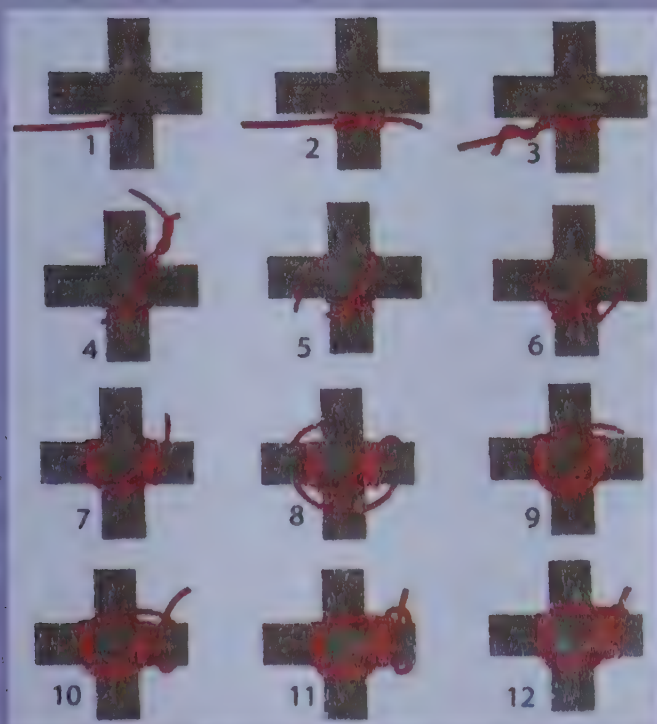
**Remember, Wrapping and Frapping number depends on the thickness of the spars but ratio should be 3:2**

### Uses:

- To prepare multipurpose gadgets
- For tent pitching
- To tie a cleat on flag mast.
- To construct a trestle
- To prepare different types of bridges

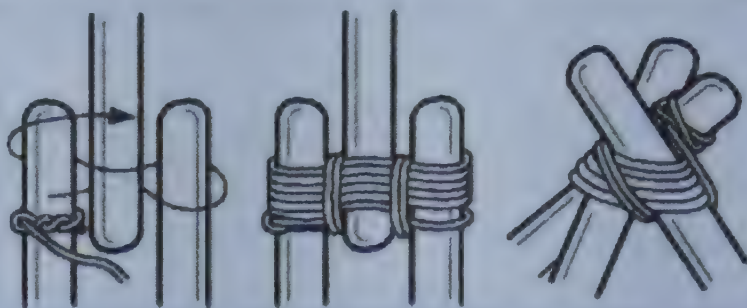
**Activity:** Prepare a model gadget using the above knots and lashings

**Note: Camping is the best place to Practice**



## FIGURE OF EIGHT LASHING

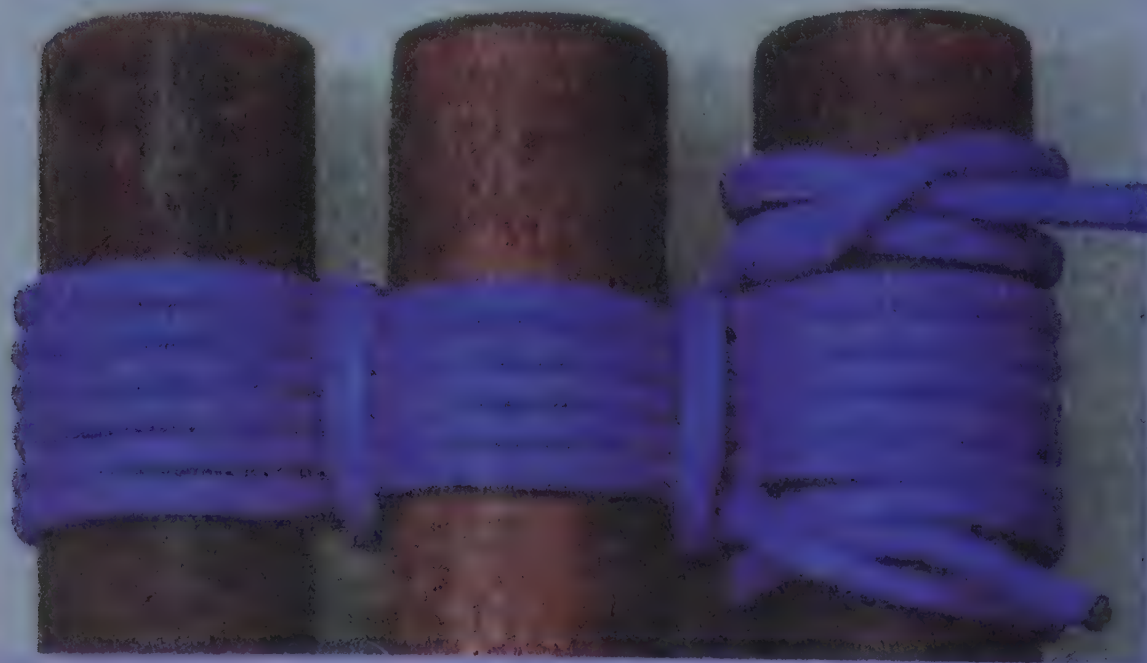
To make a figure of eight lashing with three spars/staves together parallel to each other and the bottom of all the three are set equal. At the required height on any of the spar put clove hitch,



twist the smaller end of the rope and to the longer end of the rope and then take the rope over and under the spar as shown in the picture. Continue the process for three to four times as wrapping or as required. Then you frap the rope twice first in between two spars and then go to the other two spars and finish it with clove hitch on any other spar other than the starting of the lashing.

### Uses:

To Prepare a gadget using tripod .

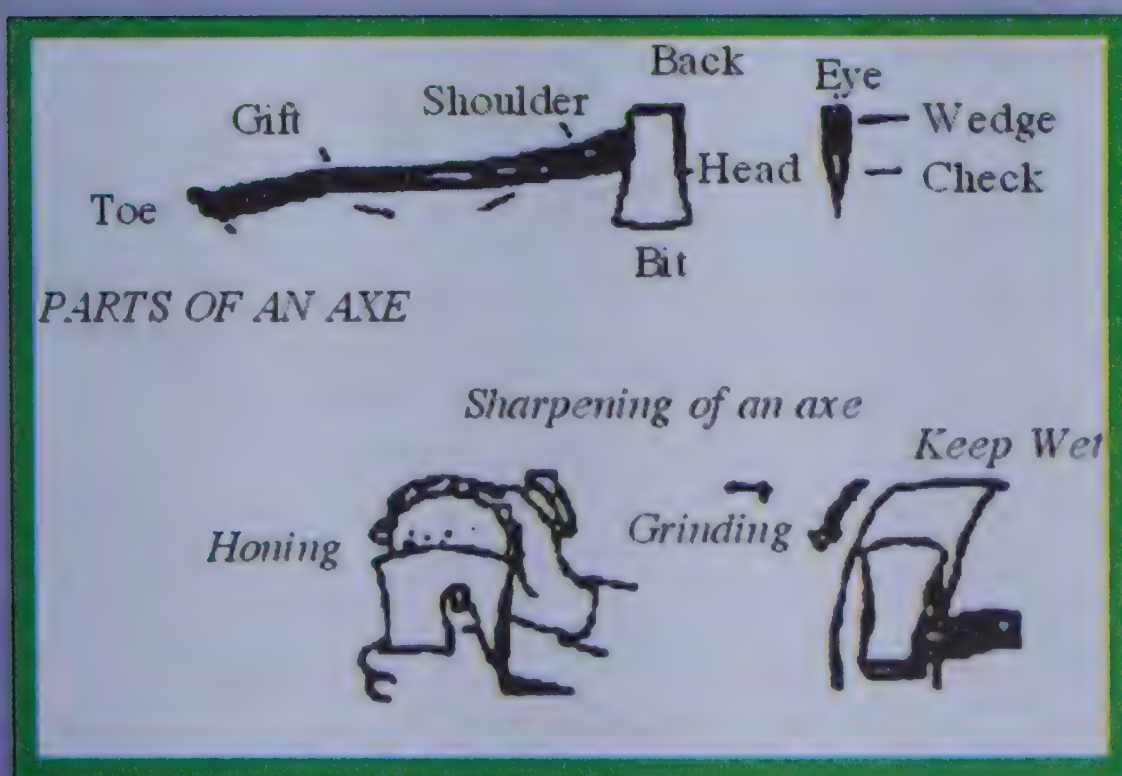


*Dear Scouts/ Guides , other three lashings, you will learn in the Tiritiya Sopan.*

## c) Demonstrate the use of Hand Axe or Chopper and know the safety rules and how to keep them sharp.

Scouting/Guiding is Outing. How about plan an outing for nature study in the woods and practice your tool on dry wood, dried trees to improve the Scouting/Guiding skills.

1. Before using check the handle of the hand Axe/Chopper, make sure they are intact while using the wood piece keep it at the latest distance to reach the stroke of Axe and Chopper.



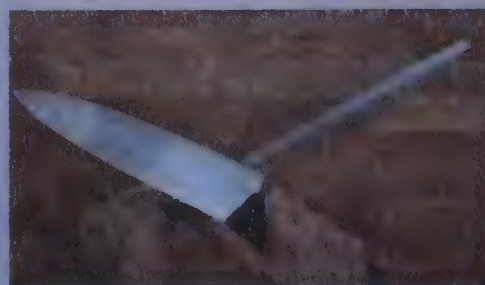
**d) Demonstrate the uses, safety and sharpening Dagger or Pen knife, screw driver, pliers, hammer.**

Adult leaders should provide opportunities to Guides to use the camp tools in patrol camps, annual camps of the Company and other local or district level training camps. The tools should be kept neat and clean. Use grease or a tools oil when not in use so as to avoid rusting. When not in use, keep them in sheath/cover. It is to be remembered that sharp edged tools are always safe; because cuts caused by blunt edged tools will be more serious and take more time to heal.



**Steps of sharpening :**

1. Step 1: Honing. Honing helps keep a knife blade's existing edge straight and sharp.
2. Step 2: Slide the Knife Down the Honing Steel. ...
3. Step 3: Test the Knife. ...
4. Step 4: Sharpening. ...
5. Step 5: Using a Sharpener. ...
6. Step 6: Repeat. ...
7. Step 7: Staying Sharp.



Same way, screw driver and plier also can be sharpened with steel sharper(Renti)

**SAFETY :**

Keeping tools sharp with regular sharpening will improve cutting ability and minimize injury. A weak knife is awkward to use, requires more force to cut, and will not

provide optimal results. To balance sharpness and durability, most knife blades are designed with a 20-degree angle on each side of the cutting edge. For dishes with softer ingredients, sharpen tools to a 15-degree angle on each side. Keep in mind that the narrower the angle tool is sharpened, the more often it will need to be sharpened.

To sharpen, use a sharpening stone or knife sharpener to maintain the original precision of the blade. For touch ups, between thorough sharpening, use a sharpening steel. Always be alert and cognizant of where your fingers are in relation to the blade. If for any reason, you drop a knife during sharpening or use, let it fall to the floor, do not attempt to catch.

### Storage

Create a designated storage space for your tools. When they are not in use, make sure that they are not laying around on work surfaces. Avoid storing tools loose in drawers, as that is not safe for kitchen or technical staff and could damage the blade. Knives should be stored on a magnetic knife holder or in a block to protect knives from contaminants and accidents. Hammers, Plier and Screw Driver can be stored in a leather case bag or making special hooks. For a more portable option, choose a knife bag or case to keep tools safely stored when not in use.

### Maintenance

In order to prevent contamination, it is important to clean tools immediately after use. Leaving dirty tools on work spaces or in sinks clutters the work space and could cause injury. Clean tools perform better. A secure grip is required for safety and effectiveness. Remember to always use a cutting board or chopping block for best results.

## 2. FIRE

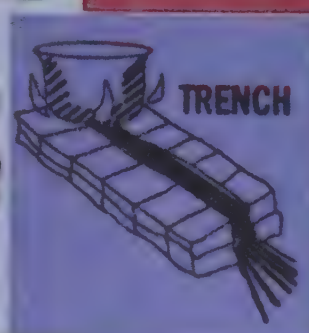
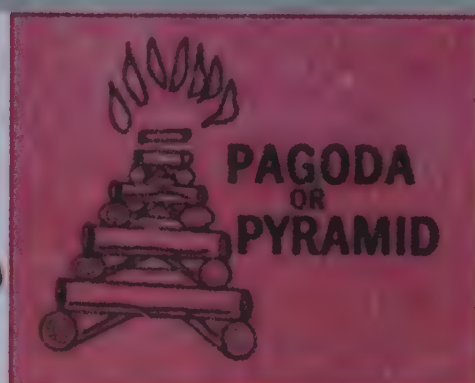
Be Prepared is the motto of the Scout/Guide . We have to prepare ourself to face any unexpected incident or accidents. Fire is the most dangerous and harmful accident. To impart the knowledge and giving the practical experience in fire fighting, the Fire Station (The Headquarters of the fire brigade) is the best place. However you can have the following exercises at your level.

### A) Different types of fire used in camping

Your fire practices should be away from the building, Tents, grass patches, dry grasses and away from the tree. Collect small dry twigs, grass and leaves separately. Select the type of fire you need and arrange the fire.

### B) Lay and light fire :

- Arrange a punk in middle of a chulha and arrange fire wood over the punk.
- Opening of chulha should be on opposite direction of wind.
- Light the Punk and allow the firewood to catch the fire and blaze.
- To light the fire Scout/Guide should use only two



## 3. COOKING

***Dear Scout/Guide,***

***Can you think of an exercise to learn by doing the following activities? It could be a real fun if you do it.***

**Know the working & maintenance of a kerosene, pressure stove or a gas stove**

### **Kerosene Stove:**

A kerosene heater can be handy in the home when the power goes out, or to save on electric and gas bills. The wick in a kerosene heater is as vital to its correct operation as the kerosene itself. A wick that is wet with water from low-grade or stored kerosene, or has too much tar on the top, will burn inefficiently and waste much of the appliance heat.



**Simple steps can keep the wick clean and functional.**

1. Examine the wick carefully. If the top seems discolored with tar and other substances left over from the kerosene, then you should burn the wick dry.
2. Shut off the heater and allow it to cool. Remove all kerosene fuel from the tank. Advance the wick to its fullest length and light it. Allow the saturated wick to continue to burn until it goes out. This should burn off the tar deposits.
3. Remove the wick from the drained tank if you think it is waterlogged or contaminated with oil. Soak it in wood

alcohol for 5 minutes to allow the alcohol to drive the water out. Let the wick air dry completely before putting it back into the heater.

## Things You Will Need

Wood alcohol

### Tips

- ★ Do not store kerosene in the heater for long period of time as this allows the wick to become water saturated.
- ★ Most wicks need replacing once a year under moderate use. If cleaning the wick does not solve its problems, replace the wick.
- ★ Wood alcohol is sold in hardware and paint stores as a solvent.
- ★ An eyedropper of wood alcohol placed into the fuel tank with every refill helps keep to a minimum the need for drying the wick.



### Warning

**Kerosene is flammable. Always take safety precautions, such as not having a lit flame nearby, when working with it.**

## GAS CHULLAH(STOVE)

A gas stove has a small, cylindrical-looking burner that gives off a flame. An electric stove has a circular burner that turns red as it heats up. Both types can easily be removed from the stove with a



gentle tug. It's important to properly clean both electric and gas burners to remove food, grease and stuck-on particles. Normally you can scrub a burner with soapy water and a sponge, but you can also clean burners without having to scrub them.



***But be remember that the gas pipes and switches fitted in gas chullaha should not be disturbed. For this, you should consult your gas agency to get the service of the Chullaha.***

## How to tackle dry grass fire

- ★ Cut off the fire by chopping grass and plants around the fire.
- ★ Throw the sand, soil and water with force whatever is available.
- ★ You can use Bucket Chain Method to supply Sand or water to the fire place.



## Contact emergency services.

Anytime you encounter an unattended or out-of-control fire, contact the emergency services in your area. Provide as many details as you can, such as your specific location (including landmarks) and the size of the fire

**Cover your mouth.** Inhaling carbon monoxide from a fire can be extremely hazardous. If you should encounter a fire, cover your mouth and nose immediately. Use a sweatshirt, scarf, or other material.

- ➡ If you have water available, make the fabric damp.
- ➡ Keep your face pointed down, and keep yourself close to the ground.

### **Get yourself to safety.**

Get as far away as possible from the fire. Ideally, get into a vehicle and drive away from the fire. If you are on foot, head for non-flammable terrain, such as a road or body of water. If the fire is very close, attempt to find shelter in a building, vehicle, body of water, or low area of ground (like a ditch).

- ➡ If you are in the midst of a blaze, do not run. Instead, submerge yourself in a body of water or lay in a low ditch. Wait for the blaze to pass, and then evacuate.
- ➡ Dampen your clothes and/or cover yourself with mud or soil to protect yourself from the heat.

### **Evacuate your home.**

If a wildfire is near, you may be asked to evacuate your home. Prepare your house to reduce fire damage, and make sure that all members of your family evacuate safely. Try not to worry about personal possessions. Almost anything can be replaced. When it is time to evacuate, be sure to:

- ➡ Wear protective clothing, such as sturdy shoes, cotton/wool clothing, jeans, a long-sleeved shirt, gloves, and a scarf or handkerchief to protect your face.
- ➡ Make sure children and elderly people get to safety first.
- ➡ Evacuate any pets.
- ➡ Close all doors and windows.
- ➡ Turn off your gas.
- ➡ Open your fireplace damper, but close the screen.
- ➡ Grab your important papers.

## Prevention for Grass Fire

Anyone heading out to enjoy the parks and countryside of Essex during the holidays should follow our summer safety advice:

- 👉 Avoid open fires in the countryside. Always have them in safe, designated areas. If you are having a bonfire in the Garden make sure that it's not too dry and that the fire is properly contained.
- 👉 Put out cigarettes and other smoking materials properly before you leave your vehicle.
- 👉 Don't leave bottles or glass in woodlands. Sunlight shining through glass can start a fire. Take them home or put them in a waste or recycling bin.
- 👉 If you see a fire in the countryside, report it immediately.
- 👉 Don't attempt to tackle fires that can't be put out with a bucket of water – leave the area as soon as possible.
- 👉 Never throw cigarette ends out of car windows – they could start a fire and endanger lives.

## Cook in the open two simple dishes enough for 02 persons and make tea/coffee.

- ★ Select two simple tasty dishes and coffee/tea.
- ★ Prepare ingredient list and its measure with the help of seniors or Unit Leader.
- ★ Right process of preparation.
- ★ Select vessels correctly.
- ★ Cook the dishes in the open air.
- ★ Invite guest.



- ★ Decorate the dishes and Serve.
- ★ Take their opinion in your log book with signature.
- ★ Use firewood/handy gas.



## Precautions while cooking

- ☞ Cover your hair properly.
- ☞ Keep your dress folded.
- ☞ Select dry firewood.
- ☞ keep a bucket of water near fire.
- ☞ Keep personal first-aid kit ready.
- ☞ Cut vegetables and grade coconut little away from fire.
- ☞ Don't play near fire.
- ☞ Only two persons should be near fire.
- ☞ Keep kerosene & matches away from the fire.
- ☞ Don't touch hot vessels directly. use tong/cotton clothes.
- ☞ Keep things and dishes covered.
- ☞ Put off the fire and clear the fire place after cooking.



## Precaution in case of gas leak

- ☞ If there is a smell of the gas, wet turkey towel, thick bed sheet or gunny bag should be put on the regulator.
- ☞ Open the windows, don't touch any electric switches either to put on or to put off, remove the cylinder, call the gas distributor/Fire brigade if necessary.

## 4. Compass and map

**Dear Scout/Guide,**

**Hope that you are finding more and more enthusiasm in learning the varieties of things. If you take up the following topics and give some exercises in your daily life, you will learn a new skill and enjoy the game of Scouting/Guiding.**

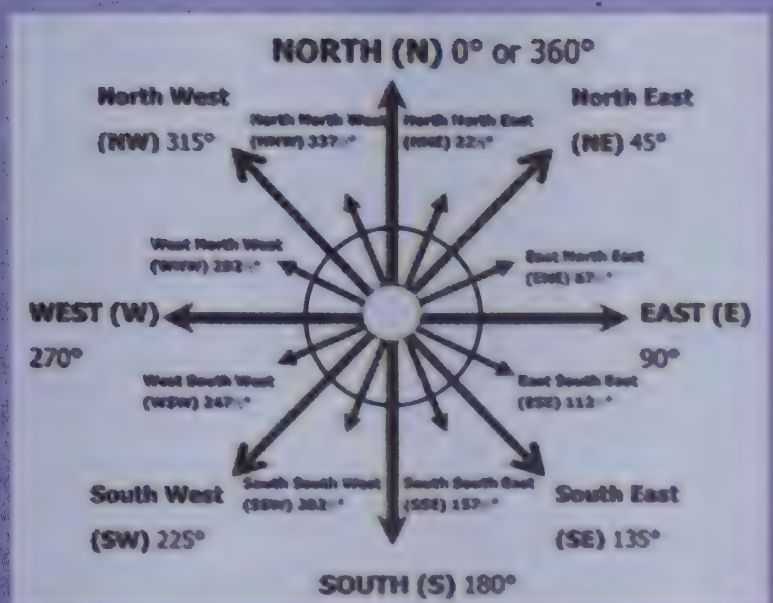
### **A) Know the 16 points of compass** (picture)

Finding direction is one of the essential skills of map making and map reading. Even the early man managed to find the directions through sun and stars. Later on compass was invented.

Compass has dial and a magnetic needle suspended on the pivot in the watch like box. Needle of the compass always stands in North south directions. By which we can find the other directions, it has 360 degrees divided into 16 points.

#### **Cardinal points**

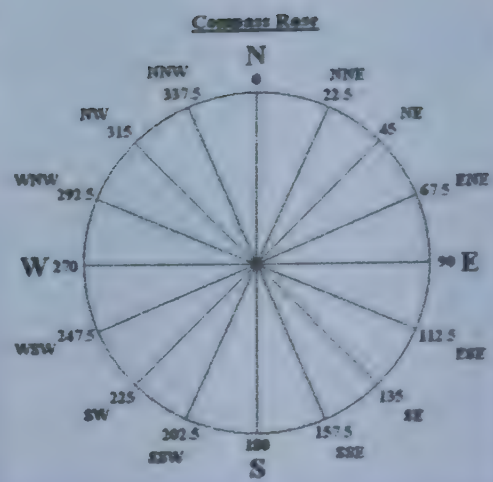
- ★ North, East, South and West are the four main cardinal points at  $0^\circ$  or  $360^\circ$ ,  $90^\circ$ ,  $180^\circ$ ,  $270^\circ$  respectively. It is denoted by single letter N E S W.



- ★ There are four sub cardinal points, they are denoted by two letters, the points are as NE SE SW NW at  $45^\circ$ ,  $135^\circ$ ,  $225^\circ$ ,  $315^\circ$  respectively.

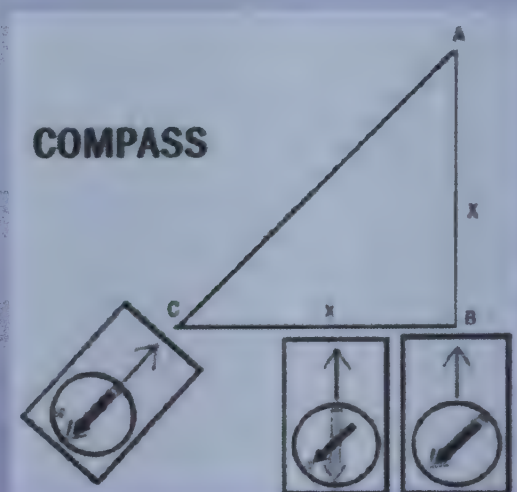
- ★ Three Letters points are called Midway points. They are NNE, ENE, ESE, SSE, SSW, WSW, WNW and NNW.

- ★ Compass is always read clock-wise. Total number of important points are sixteen.



## Setting of compass

- ★ Shake the compass before use.
- ★ Keep your compass on a hard flat surface while it is used.
- ★ Wait until the needle stand still then start finding directions.
- ★ Before use take care of keeping the compass away from the influence of any iron objects.



- ★ Compass setting with Map can be done in two ways:

a. Keep the map on a ground or table. Keep compass permanent needle towards north of the Map in a place shown in the map where you are standing. Move the Map till the compass permanent needle, Magnetic North and Map North comes in one line. Please ensure while moving map, compass should

move with the map.

b. Set the compass till permanent needle and magnetic needle come in same line. Keep the compass on a

map where your position is. Hold the compass and move the map(Compass will not move).

## **B)Finding North with the help of at least two constellations.**

*It will be a fun for the Scouts/Guides when they find the north direction with the help of constellations during nights.*

*There are countless stars and constellations in the universe. They are visible during the night with clear sky. Some of the constellations are well visible and easy to identify on the sky.*

*Star gazing is a very interesting subject. Look at the sky at night identify the following constellations that you are going to learn. You can make star gazing a hobby and enjoy the sky. It will also help you to find the directions.*



### **1.Pole Star:**

It is a single star , the last tail star of little bear.



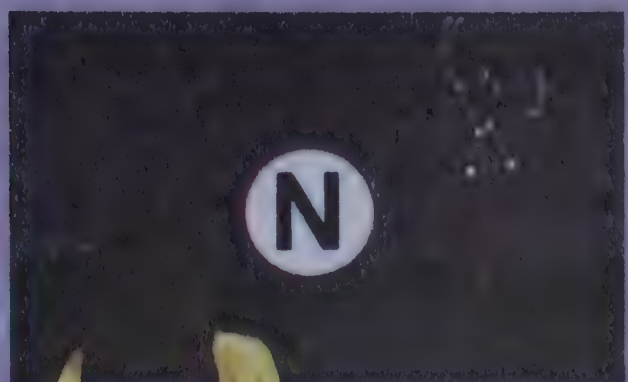
### **2.Cassiopeia or Sharmishta:**

It has five stars in shape of W / M.

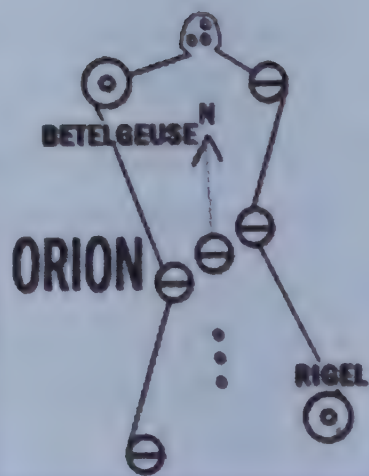
3

### **Orion/Hunter/Kalp urusha:**

This constellation has the

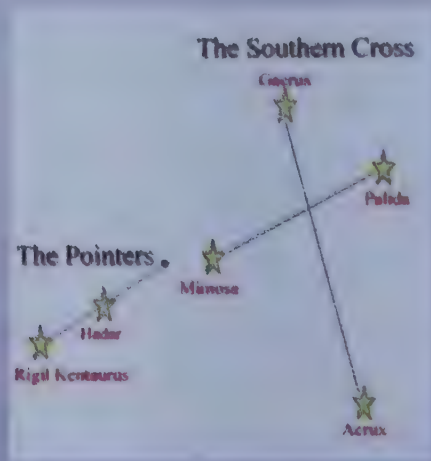


shape of a man like a hunter beating/hunting an animal, It has three stars in head three in the belt, three in sword. And four bright stars right round giving the shape of shoulder and legs. Joining the center star of belt to the middle star of head extending towards north the line will reach the Pole star.



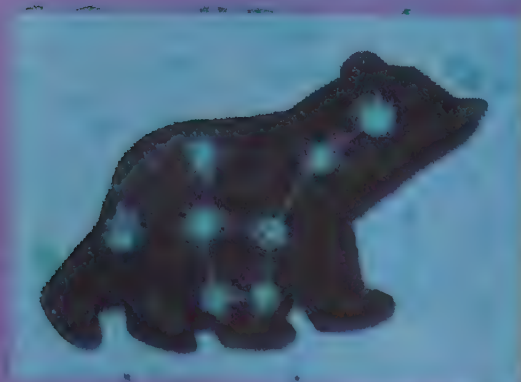
#### 4. Southern cross:

It has four stars in the shape of a kite. When the two stars are joined vertically and two other horizontally, it forms a shape of cross, hence the name.



#### 5. Great Bear or Saptarishi Mandal:

It has seven stars in the shape of plough or saucepan. A line from the last stars of the saucepan directs north.



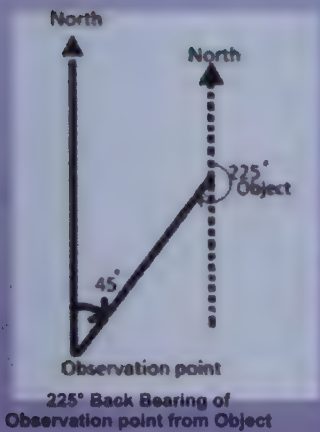
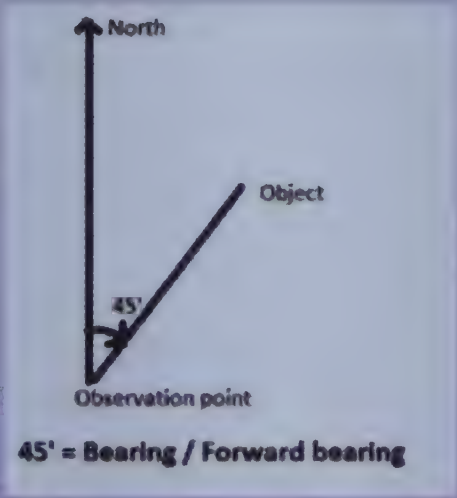
Activity Draw and fill in the column

Sl. No.	Name of the Constellation	No. of stars	Shape	Stars that directs north

**Activity:** Write sixteen points of compass and write the degrees of angles.

C)Bearing

Bearing is an angle from the north to the object from observation point in clockwise direction. It is also called **forward bearing**.



**Back Bearing :**

Back bearing is an angle at object made from north to the observation point in clockwise direction.

**Formula:-** While working on the ground to check the correctness of the Forward bearing we take the help of back bearing , for this a formula is given here for your practice

Forward bearing and back bearing are always with the difference of 180°. To get the backward bearing, if the forward bearing is less than 180° we add 180° to it. When the forward bearing is more than 180° we subtract 180° from forward bearing.

For Example: Forward bearing 75°  
Then Back bearing  $75^{\circ}+180^{\circ}=255^{\circ}$   
If Forward bearing is 265°  
Then Back bearing  $265^{\circ}-180^{\circ}=85^{\circ}$

Try these Exercises :  
Give Back bearing for 60°, 95°, 130°, 175°, 226°, 290°, 320°.

Another method is just see the bottom of the needle. The angle shown is a backward bearing.

## Follow a trail using compass given bearing and distance.

You have to follow a trail. Compass to be used to follow. Write down in your note book the Forward and Backward Bearing of important objects coming on the way. A draft sketch is given hereunder to understand how to write.

### DRAFT GILWILL SKETCH

**FROM: STATION**

**ROAD TO CAMP**

**DATE:11.11.2017**

LHS	TIME	STEP/ DISTANCE	DIRECTION	RHS
SCHOOL	12	180	617	CAMP
MOSQUE	11.15	320	100	GROUND
TEMPLE	10.40	530	90	TEMPLE
SCHOOL	10.00	445	120	PLAIN
RH	9.30	100	150	HOTEL
PO	9.00	250	98	PSD
Water(Dr)	8.45	100	110	STONE
CHURCH	8.40	200	90	STONE
FOREST	8.34	100	110	VALLEY
ROAD	8.30	0	90	SOS

## Know the terms scale, direction, conventional signs, contours and grid reference.

Mapping is an important item in the progressive and attractive training programme for Scouts/ Guides, Guides, Rovers and Rangers. Maps provide an efficient and unique means for reading and understanding the earth.

The earth has a surface area of 197 million sq. miles pitted and roughened by mountains, plains and seas. The highest mountain is under miles. This is less than 0.1 percent of the earth's. The deepest part of the ocean is not much deeper than Mt. Everest. Mt Everest is 29,028 feet high and Marians Trench 35,958 feet deep are only bump and a dent in the earth's circumference. Two fifths of its island and three fifths of the earth is covered with water and all the world continents would fit into an area the size of the Pacific Ocean.

To understand the concept of Mapping, we must know what is Map and how to read it.



## MAP:

*A map is a pictorial representation of the earth's surface as looked from above, on a flat surface drawn to scale*

Maps are many and varied, but all are basically the same. They give a simplified plan or bird's eye view of some part of the earth's surface large or small. The range forms those showing the entire world to those giving the dimensions of a house and garden. Where large area is represented, the amount of details given will be less.

- ❖ Primitive man moving about constantly in search of food and shelter resorted to some method of recording his surrounding and used symbology to depict various features relevant to him. This resulted in the idea of map and the symbols or means of expression.
- ❖ Map is a tool of communication contains wealth of information with varieties of details.
- ❖ Map contains very valuable and vast Variety of information.
- ❖ Map is a document to satisfy the diverse needs of specialists in many disciplines Planners, Administrators, Engineers, Architects, Industrialist...etc
- ❖ Map is prepared for each purpose separately..... Political, Physical, Revenue, Roads, Rivers, Irrigation, Population, Industries, Antiques, Defense, Tourist, etc..... Thematic Maps.
- ❖ Map contains Title, Scale, Orientation, Conventional Signs, Contour System, Date of issue/revision, How made, Made by whom, Grid lines ....etc.

## (2) WHAT DOES A MAP TELL

- ❖ **DESCRIPTION:** Names of Area, Location, Date.
- ❖ **DETAILS:** Map symbols, Man – made features. Water features, Vegetation features, Vegetation features, Elevation features.
- ❖ **DIRECTION:** North (True, Magnetic) finding by day and night. Orientation – Declination, Year, Bearings – FORWARD & BACKWARD BEARING.
- ❖ **DISTANCE :** Proportion – Land Measure to Map Measure. Scale – Statement, Plain Scale, Representative Factor.
- ❖ **DESIGNATIONS:** Name of places.

## (3) Other information (Marginal information)

Helpful in Map Reading, remember all makings have meanings Do not add any Dot or line of your own on the map.

## USE OF MAP

1. A map is used to find one's own position on the earth.
2. A map is used to find direction of an object.
3. A map is used to locate the position of the natural feature of the ground.
4. A map is used to prepare a plan of the journey.
5. A map is used to locate the places of Tourists interests.
6. A map is used to find out weather conditions, population density, vegetation, industrial belt etc.
7. A map is used to know the distance between two places.
8. A map is used to mark as area for tax purpose.
9. A map is used as a visual aid.

**10.** A map is used to recognize the object from map to ground.

**11.** A map is used to locate an object with the help of grid reference.

**12.** A map is used to find Zoography and bathymetric situation.

**13.** Map enables one to form a full picture of an area on ground.

**14.** To plan a object.

### **SURVEY MAP OF INDIA:**

Survey Map of India is only the Govt. Agency printing the Maps. Its headquarter is in Dehradun, Uttarakhand and its having branches in most of the capitals of States and in some important places.

Every map is printed with different kinds of particulars. These particulars are classified and noted in the same place of the map as shown below.

**1. NAME OF THE DIST.**

**2. YEAR OF THE SURVEY**

**3. NAME OF THE STATE**

**4. PUBLICATION OF THE MAP**

**5. A VERAGE GRID NORTH**

**6. MAGNETIC DEVIATION**

**7. MAP REFERENCE**

**8. MAP NUMBER**

**9. CONVENTIONAL SIGN**

**10. CODE OF THE SHEET.**

**11. NAME OF THE CHIEF SURVEYOR**

**12. CODE OF ADMINISTRATION**

**13. FIRST EDITION – DATE OF REPRINTING**

**14. ADDITION OF SOME PARTICULARS**

**15. GRID REFERENCE**

**NB:- Descriptions as mentioned above may differ from Map to Map.**

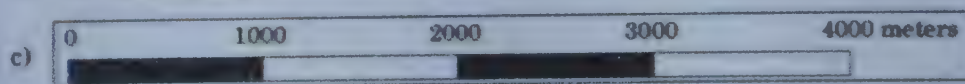


## SCALE:

A MAP IS A REPRESENTATION OF ANY PART OF EARTH ON A FLAT PIECE OF PAPER AND BEARS A CERTAIN PROPORTION TO AREA REPRESENTED, THE RATIO

a) (1 centimeter represents 250 meters)

b) 1: 25 000



BETWEEN THE AREA ON THE GROUND AND THE AREA REPRESENTED ON THE PAPER IS CALLED SCALE.

## CONVENTIONAL SIGNS

On the surface of the ground there are mountains, rivers, seas, forests etc, which are Natural features and also there are things like buildings, roads, railways lines, dams etc, made by MAN, These are represented on the map by means of symbols, and are called CONVENTIONAL SIGNS. These are usually shown in colours but are not drawn to scale.

## COLOUR DENOTES:

BLUE	Water features-	River, tank, Sea etc,
BROWN	Mountain features-	Up Land, Low Land, Valley etc.
RED	Buildings, bridges, roads, Footpath etc.	
YELLOW	The cultivation area.	
GREEN	The vegetation, Forests, Gardens, etc.	
BLACK	The names of places, the Railway lines. Power lines. Embankments, Cuttings, Boundaries, Powers Lines, Telegraph Lines Meridians etc.	
VIOLET	Grid Lines.	

A map should show by symbols the man made features, water features, mountain features, vegetation features etc, A map should give us an indication of where the north

# CONVENTIONAL SIGNS

# रुढ़ि चिन्ह

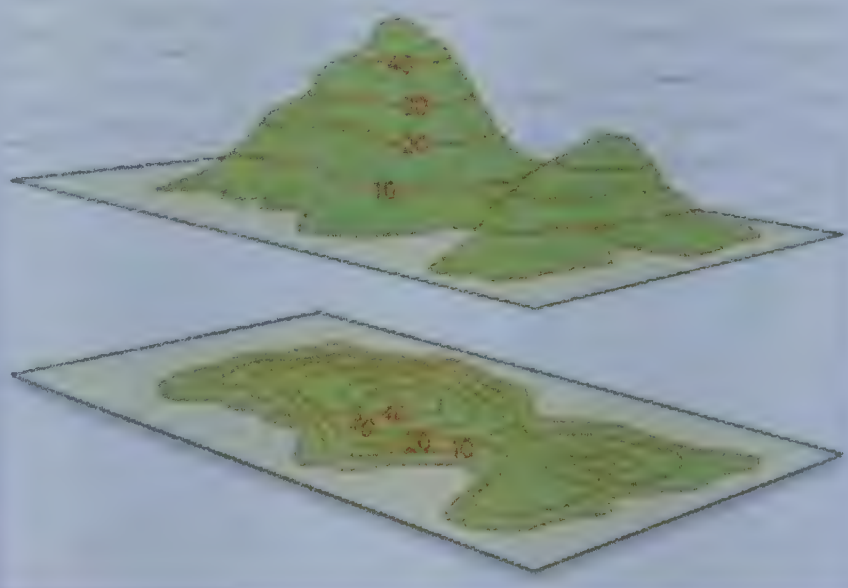
BOUNDARIES									
WATER FEATURES									
ROADS AND TRAVEL									
BUILDINGS AND STRUCTURES									
VEGETATION AND LAND USE									
OTHER SIGNS									

is (TRUE NORTH, MAGNETIC NORTH) and also indicate the direction (BEARING) between any two points.

A map should also give the proportionate DISTANCE between each point it represents and also gives the names of place represented.

## CONTOUR LINE :

The thin reddish brown imaginary lines joining place of equal vertical height above the main seal level in a map are named as contour lines. The heights of the places are noted on the lines in feet/meter. The interval between two successive contour lines is called **VERTICAL INTERVALS**



(**V.I.**) or Contour intervals. Generally the contour interval in our Topographical maps is 50ft The horizontal distance between two adjacent contour lines is known as **HORIZONTAL EQUIVALEN(H.E.)**.

The earth's surface is not a flat one but these are natural undulation and thus the height of the surface varies from place to place. The natural rise and fall are well manifested by features like hills, plateaus, valleys low land etc. and these are known as Relief features Relief is also described as the three dimensional shape of the ground, but in a map all these features are represented by two dimensional sign only.

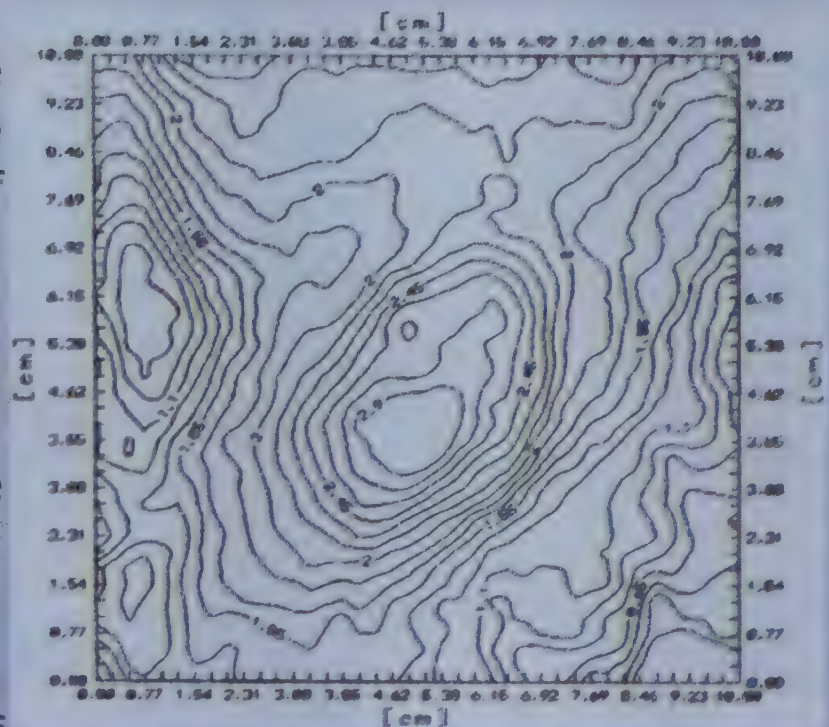
The Earth's surface is not flat but there are natural undulations and thus the height of the surface varies from place to place.

The natural rise and fall are well manifested by features like hills, Plateau's valleys, gorges, low land etc, and these are known as relief features.

Relief is also described as the three-dimensional shape of the ground, but in a map two-dimensional sign represents all these features only.

To demonstrate the three- dimensional aspect on a map some methods have been developed.

Contours are the most accurate method of representing all possible information regarding the shape, heights and extension of the relief features.



- A contour is an imaginary line, joining place of equal vertical height above the sea level.
- Contour lines are drawn at regular intervals.
- Contour lines are drawn in brown colour.
- The Contour lines are always labeled with numerical figures showing the heights above the sea level.
- Every fifth contour line is thicker and bears the height.
- The interval between two succession contour lines is called "Vertical Interval (V.I.)" or contour interval generally in our Topographical maps it is 50 feet.
- The horizontal distance between two adjacent contour lines is known as "Horizontal Equivalent (H.E.)"
- The (H.E.) is not constant and varies with the steepness of the slope.
- The ratio between the V.I. and HE is expressed is a fraction and is the gradient of the slope (V.I.) feet H.E. in yards).

## GRID SYSTEM



The entire area of a nation is divided into big square with a side of 500 km. These are further divided into 25 squares with a size of 100 km and named A, B, C, D, .... (1 is left out).

These small squares are further divided into 100 small squares. These small squares are printed in thick line and divided into 100 small squares with a side of 10 km. Finally they are divided into one hundred squares (Kilometer sides). All grid lines are numbered according to their distance east and north of a fixed origin.

From contours the following information can be had:

- The height of the ground above mean sea level.
- The shape of the ground.
- The slope of the ground.

### MEAN SEA LEVEL OR ZERO LEVEL

Mean Sea level is the datum surface from which all

heights are measured. It is the Mean Sea level of the Sea obtained by taking the average of all the heights of the tides measured of predestined intervals over a long period covering whole number of complete tides.

There are 23 tidal observatories in India.

For India 9 Seaports of Karachi, Bombay, Karwar, Bey pore, Cochin, Nagapatnam, Madras, Vishakhapatnam and false Point were selected along its Seacoast where tidal gauges work installed for taking measurements of the Sea Water level. Water level at these Nine ports where continuously recorded for 19 years and an average level was calculated. The Zero level of India.

### **LATITUDE & LONGITUDE:**

Any accurate map should show the latitude, longitude and time to help locate a feature represented Latitude and Longitude are the lines by which we can locate places



on most world maps.

**LATITUDE:** Latitude is the distance North to South of the Equator. This distance is measured in degree from 0 to 90 North or south. Each degree is divided into 60 minutes and each minute is further divided into 60 seconds. Degree of latitude is all about 69 miles apart.

### **LONGITUDE:**

Longitude is the measurement of distance East or West of a line called the Prime Meridian, which runs upon the North pole to the South pole through Greenwich, England only one line can go through these three points (North pole- Greenwich- South Pole.) It is measured in degrees minutes and Seconds East or West of the Prime Meridian up to 180. The lines of longitude are widest apart at the Equator where 1 to is about 70 miles. The lines of longitude gradually come closer together North or South of the Equator and finally merge at the poles.

- ⇒ LATITUDE is simply the distance North or South from Zero Degrees (Equator) to 90 North (NP) or 90 South (SP).
- ⇒ Each degree is divided into Sixty (60) minutes and each minute (1) is further divided into sixty seconds (1).
- ⇒ LONGITUDE is the measurement in degrees East or west of a line called Prime meridian which runs from N.P. to S.P. through Greenwich (London, England)
- ⇒ Lines of longitude are widest apart at the Equator where one degree (1) is about 70 miles.
- ⇒ THE LINES of latitude gradually come together North and South of Equator and finally merge at poles.

### **GRID LINES:**

The vertical and horizontal purple lines, which divide the map into number of squares, are called grid lines.

## EASTING LINE:

The vertical lines are called EASTING, the number increase from WEST TO EAST.

## NORTHING LINE:

The horizontal lines are NORTHINGS. The number increases from SOUTH TO NORTH.

**Activity:** Take a tourist map of your town or a tourist map when you visit a sites seeing place and be able to use the map and visit the places.







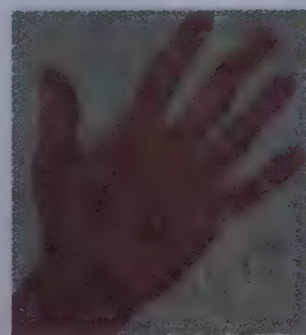
## 5. First Aid

Life of any living being is very precious in this world. The Scout/Guides are very helpful to anybody under any difficult situations. Hence the knowledge of first aid for the Scouts/Guides is very much essential. Prepare for following first aids:

### A ) Knowledge of Wounds

#### Types of wounds :

-  Incised (Clean Cut)
-  Lacerated (torn)
-  Punctured (stab)
-  Contused (haemorrhage beneath)



**Incised**



**Punctured**



**Lacerated**



**Contused**

#### How to deal with wounds –

Let the casualty be flat and lie still. Wash wound with plain water or with soap and water to wash out as much dirt as possible. Apply antiseptic lotion or cream. Cover with dressing



and bandage to keep the dressing on.

Minor scratches can be painted with any antiseptic lotion.

Note :- Don't apply any antiseptic in large wounds. This may get absorbed and cause reactions.

## What is bleeding?

When blood comes out of a blood vessel, it is called bleeding. Bleeding is the immediate complication of a wound and must be treated promptly.

### Types of bleeding :-

Bleeding is classified by the blood vessel that is damaged

- 1) Arteries** – If any artery is damaged, bleeding may be profuse
- 2) Veins** – If a major vein is damaged, blood may gush from it profusely.
- 3) Capillaries** – Occurs with any wound, bleeding may be brisk, but blood loss is usually slight.

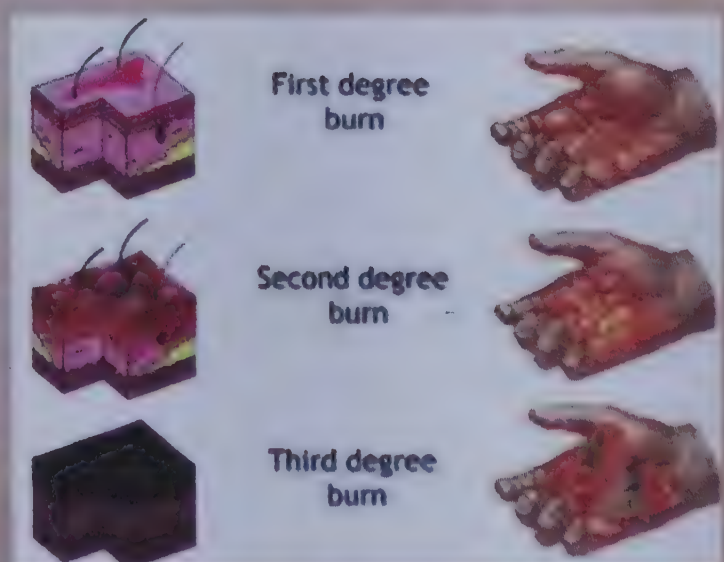


## BURNS AND SCALDS:

Some one touches a hot coal results in ordinary burn. Some one spills boiling water over his/her foot results in scald. You can also get sunburns.

### First Degree Burn:

In minor burns or first degree burns, the skin is only reddened. Use cold water and keep the burnt area under water till the pain subsides. You can add ice to a basin of water and immerse the affected part in it. Put on clean dry dressing.



### Second degree burn:

Here blisters are present. Do not break blisters. If they break they will get infected. Cover with dry, sterilized gauze pad bandage.

### Third degree burns:

Skin is burnt away, flesh is charred. There is no pain. This type of burn is extremely dangerous. Cover with clean sheet and rush to hospital.

### Chemical Burns:

Wash with lot of water. Remove contaminated clothing. Neutralise acid with alkaline solution. In case of alkali burn wash it with a weak acid solution. For burns of sulfuric acid, nitric acid and hydrochloric acid wash the wound with a solution of baking soda. For alkali burns caused by Caustic soda, Quick Lime and Potash wash with lime juice.



Do not pull out clothing unless it is acid or alkali burn. Cover with clean dressing.

Remove rings and bangles before swelling starts. Give sips of coffee, tea, if conscious. **IF UNCONSCIOUS nothing to be given.**

When the area of burn is large, treat for shock caused by pain and loss of plasma. **DO NOT USE OILS OR LOTIONS.**

### SPRAINS:

It is caused by sudden jerk, straining or tearing the ligaments and tissues around the joint.



## SIGNS:

1. Pain at the joint
2. Inability to use the joint.
3. Swelling and later on discoloration.

## TREATMENT:

- Immobilise the joint, place it in comfortable and elevated position.
- Expose the joint and apply firm cold bandage.

*Wet the bandage and keep it wet it is called **cold compress**.*



If the persons cannot bear cold fomentation try hot fomentation i.e. bathing with water as hot as can be borne.

If the ankle gets sprained during a walk, do not remove the shoes. Keep them as support and tie a figure of 8 bandage

around. The foot with the shoe still on can be dipped in cold water.

## STINGS:

Wasps, bees, scorpions stings, also some plants.

- If the sting is present remove it with a sterilized needle or tweezers. Wash the part with a solution of soda bicarbonate, for wasps, Vinegar and onion juice are effective remedies.
- If the sting is inside the mouth wash the mouth with a



solution of two teaspoonful of Soda Bicarbonate to one glass of water.

**Important:** Some persons are allergic to stings. They will need quick medical attention. You will realize they are allergic when there is too much pain and swelling or rash on the body.

## **BITE:**

### **SNAKE BITE:**

There are more than 2500 different kinds of snakes. Only about 200 of them are poisonous. All snake bites are not fatal. Only a very small quantity of the venom might have been injected. Most people die not because of the venom, but from fear. However all snake bite cases are to be treated as if bitten by poisonous ones.



### **Aims of First Aid:**

1. To reassure the patient
2. To stop spreading of the venom
3. To obtain medical aid.

### **Management**

1. Lay the patient down, give him/her complete rest. Calm and reassure him, never make him/her walk nor sleep.
2. If the bite is on the arm or leg, apply a constrictive bandage on the heart side of the bite tight enough to obstruct and stop the flow of the venom to all parts of the body.

**3.** Wash the wound with soap and water. Flush the wound with lot of water.

**4.** Cover the wound with a sterilized dressing.

**5.** Get medical aid or send the person on a stretcher to the hospital as quickly as possible. If the snake has been killed, carry it to the hospital for identification. Should breathing fail, commence artificial respiration.

### Dog Bite:

Dog bites are sometimes very serious. They may cause infection. If the animal is suffering from rabies it will be transmitted to the person. The condition is known as **Hydrophobia**. The dog should not be killed. It must be chained, and must be kept under observation for ten days. **Rabies** is also caused by infected cats, monkey and jackals.



### Aims of First Aid:

- 1.** To prevent rabies or other infections.
- 2.** To get medical aid.

### Management:

*All dog bites must be treated as potentially bite by a rabid dog.*

- 1.** Wipe the saliva away from the wound.
- 2.** Wash the wound thoroughly with plenty of soap and water.
- 3.** Cover the wound with a dry, sterile light dressing.
- 4.** Get medical aid or send the patient to the hospital for proper treatment.

## B) Use of roller bandage

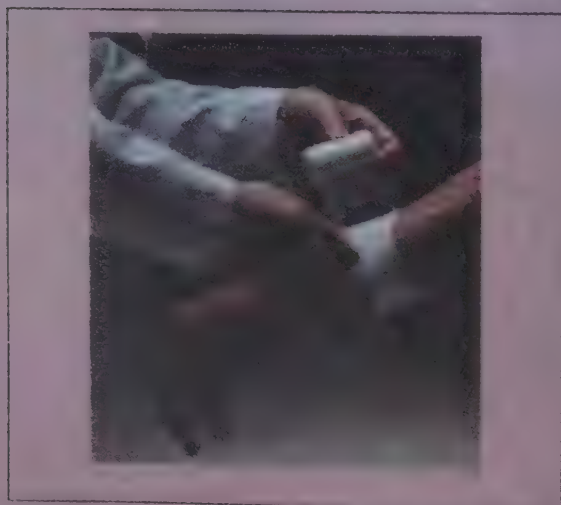
The roller bandages are made out of cotton material with loose mesh. They are of various lengths and widths.

Part to be bandaged	Required Width
Finger _____	2.5 cm (1 inch)
Hand _____	5 cm (2 inch)
Arm _____	5 or 6 cm (2 or 2.50 inch)
Leg _____	7.5 or 9 cm (3 or 3.5 inch)
Trunk _____	10 or 15 cm (4 to 6 inch)

There are three methods of applying roller bandages as follows :



**1.Simple Spiral**



**2.Reverse Spiral**



**3.Figure of Eight**

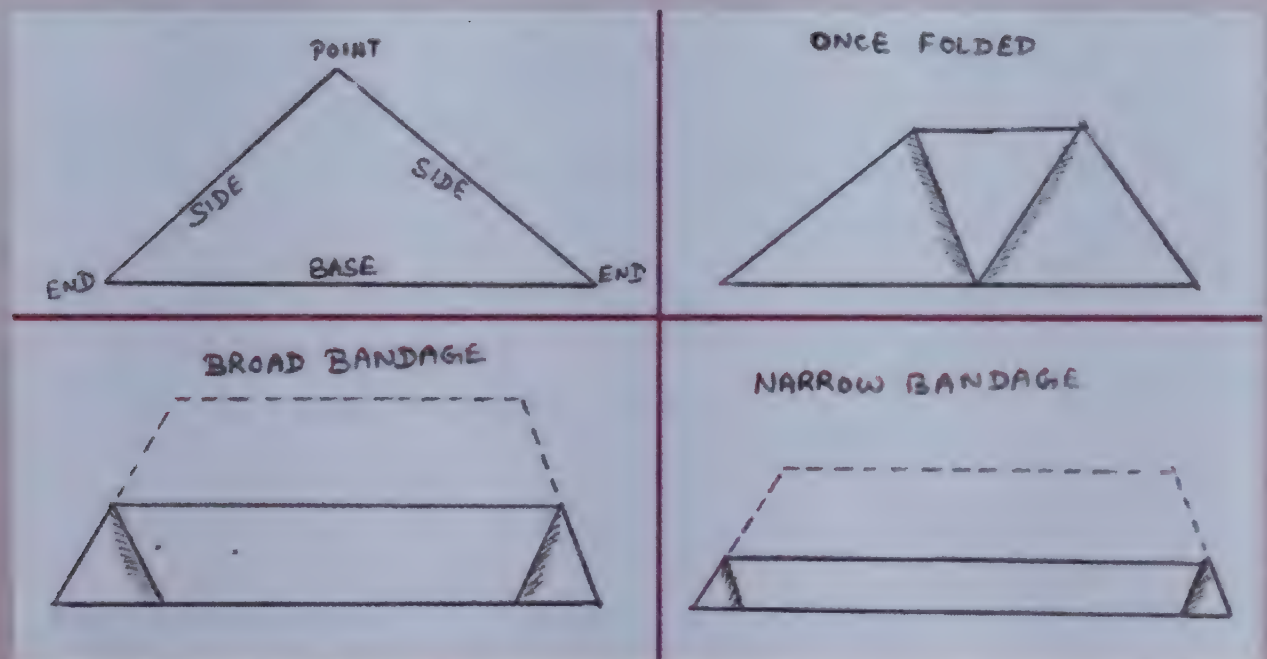
## Crape bandages

(The method of application is the same as roller bandage)



### C) Use of triangular bandage:

A triangular bandage is a simple bandage in triangular shape. The base of which is 120 cms and sides are of 100cms.



In the above diagram (i) turn down point and let it touch the middle of the base. It becomes one fold or broad bandage. Then make another fold, becomes a narrow bandage.

## 1.Knee Bandage:

Fold the bandage by 2 inches on its base, put the base under the knee, take the ends of bandage round the knee and tie it above the knee with reef knot.



Figure 3-41. Cravat bandage applied to knee (Illustrated A thru C)

## Head Bandage:

Fold the bandage by 2 inches on its base put it on the forehead, take it round the head (not covering the ears) take it round again and tie it on the forehead with reef knot. Collect the point of the bandage back of the head, bring it over head, apply a safety pin.



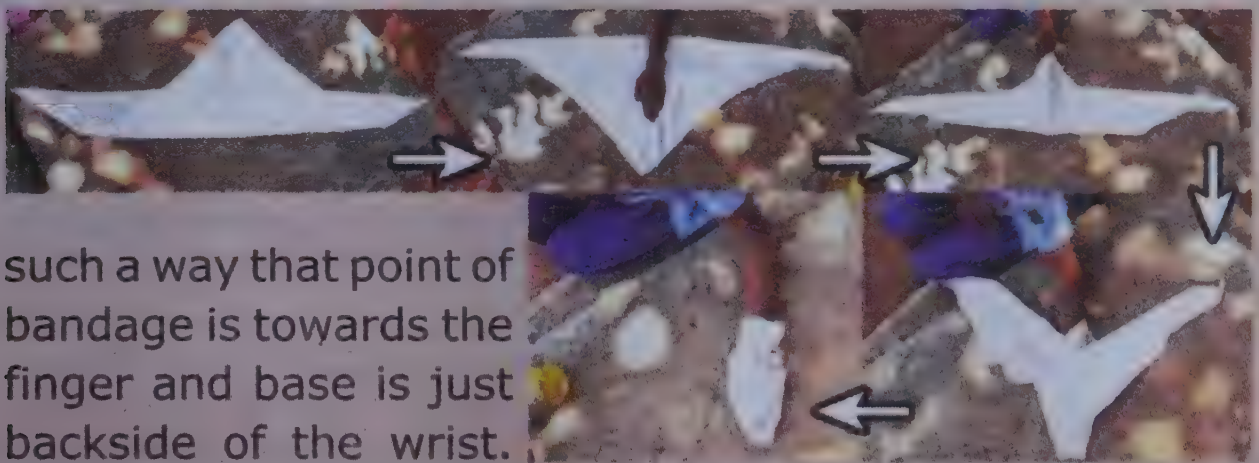
### 3. Foot Bandage:

Put the bandage on the floor, put the foot on it, keeping the point towards the toe and base at the back. Fold the point over the foot and then cross both the ends over the point go round the ankle , come back again to the front and put a reef knot. Cover the reef knot with the point.



### 4. Hand Bandage:

Spread the triangular bandage on a flat surface with a two inches fold on the base . put the injured hand on it



such a way that point of bandage is towards the finger and base is just backside of the wrist.

Fold the point of the bandage over the finger, then bring both the ends of the bandage over the folded point and go round the wrist come back to the front and put a reef knot on the point. Then bring back the points of the bandage over the reef knot.

## Fracture of Arm :

In the case of fracture of an arm , broken arm is supported with two splints and tied with bandages. Then triangular bandage is used as a sling.



Observe the picture in steps and learn to put an arm sling.

***Now a days, ready made slings are also available in the towns***

### d) Improvise a Stretcher:

To carrying a casualty many a time we don't get readymade stretcher. In such cases we will have to come up with innovative ideas and improvise the stretcher. And



this type of situation we come across always at the time of accidents. To carry the causality we have to improvise the stretcher.

**(a)** A window panel, shutter, door panel, covered well with straw, hay clothing and sacking.

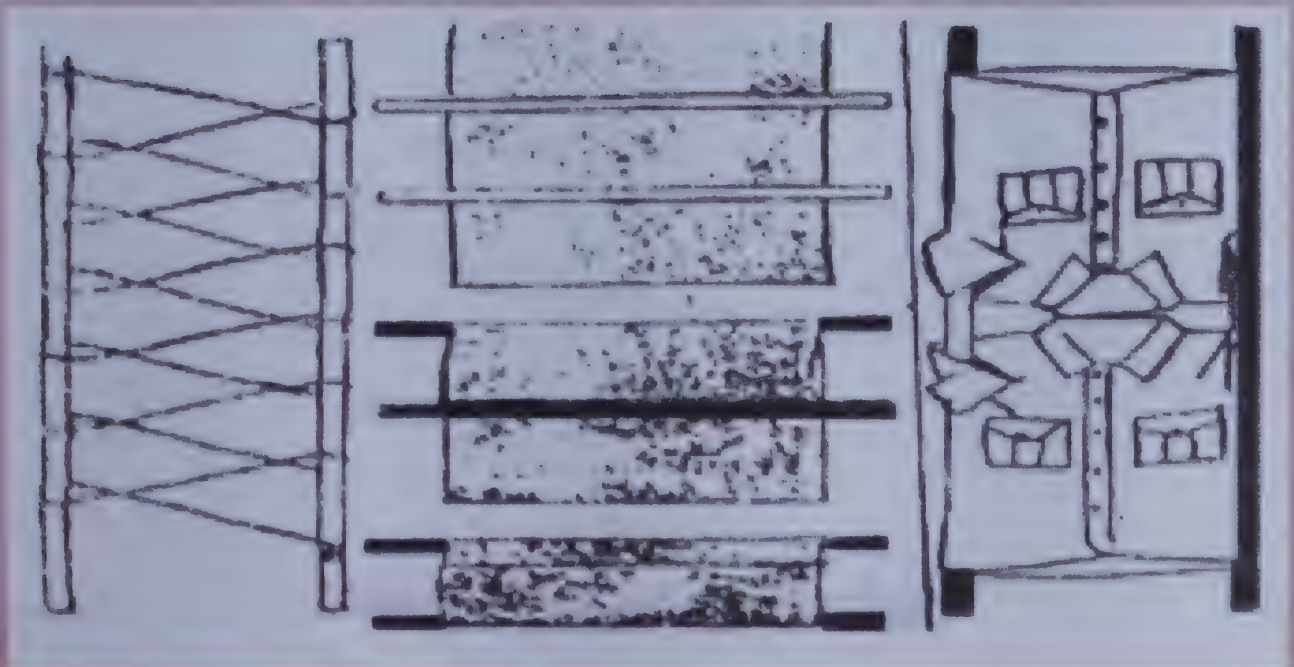
**(b)** A piece of carpet, blanket, tarpaulin spread out and two staves rolled up on the sides. Put clothes for a pillow.

**(c)** Two coats with the sleeves turned inside out; pass two poles through the sleeves; button the coats over them.

**(d)** Two poles passed through a couple of sacks, through holes at the bottom corners of each.



## **(ii) Different Types of Improvised Stretchers:**



## 6. ESTAMATION

***Dear Scout/Guide,***

***We always estimate many things in our daily life. Without estimating the things you cannot move even a step in your day to day activities. Hence take round in the estimation venture to experience the estimation life skill.***

Estimation means 'approximates guessing'. Estimating the distances /widths is one of the conditions for Dwitiya Sopan Scout/Guide . This estimation should be done without apparatus with 25 percent error. This means that the Scout/Guide should be so conversant with these estimations that he can guess them correctly. He can do so only if he gives him/her self plenty of training.

### **a)JUDGING DISTANCES:**

Know the exact length of your pace, use it for measuring the distances and widths.

Where you cannot walk and measure you will have to guess the distance. Some ideas are given here.

Remember things can appear nearer or further than they really are depending on how clearly you can see the outline. Also, if there is water between you and an object, the distance can be deceptive.

#### **1. Objects seen further away:**

- (a) When they are in the shade,
- (b) Across a valley,
- (c) When they are the same color as the background,
- (d) In a heat haze,
- (e) (e) When you are lying down or kneeling.

## 2. Objects seem closer:

- (a) With the sun behind you,
- (b) In very clear air,
- (c) When a different color from the background,
- (d) When the ground is fiat (or snow covered),
- (e) When it is larger than other objects nearby,
- (f) When you are looking across water, or a deep valley.

## 3. Visible objects seen nearer at night than during the day.

Remember the eye measures distance "as the crow flies", and does not allow for uneven terrain. In other words actual distance may be greater than visual distance.

Examples:

- ☞ At 700 meters a person looks like a post.
- ☞ At 650 meters the head is not yet visible.
- ☞ At 550 meters the head is visible as a dot.
- ☞ At 450 meters a person appears bottle shaped.
- ☞ At 350 meters movement of the legs can be seen.
- ☞ At 250 meters the face can be seen.
- ☞ At 200 meters details of clothing are recognizable.
- ☞ At 100 meters eyes and mouth can be seen clearly.

## LEARNING TO JUDGE DISTANCE

As a means of checking your estimates, learn the exact length of your pace. If fairly tall, learn to pace an exact meter, heel to heel. On a quiet road, in a field, or out on the prairie, begin judging short distances to various objects, then pacing to check your "guess." Gradually increase the distances. Do this in competition with several other Scouts/Guides and you'll find it an

interesting game. Remember that the eye measures distance as in an "air line," from eye to object, and does not allow for irregularities of the ground. In other words, ground distance may be greater than visual distance.

## **JUDGING DISTANCE BY SOUND**

Distance can sometimes be judged by sight and sound. If you see a gun fired, for instance, and count the seconds between the flash and report, you can tell how far the sound has come, if you remember that sound travels at 365 yards a second.

During a thunder and lightning storm you may be able to quiet nervous people by pointing out to them the time between the flash of lightning and the roll, or crash of a bolt -this proving that the bolt in reality struck several miles away.

## **Widths**

### **Measuring Widths -**

**Napoleon Method** Stand on one shore of a stream. Bow your head, chin against your chest. Hold your hand to your forehead in a salute. Move your hand down until the front edge of it seems to touch the opposite shore. Without changing the position of your hand, make a quarter turn. Notice the point at which the edge of your hand seems to touch the near shore. Pace off the distance to that point and you will know the width of the river. Napoleon might have used the brim of this hat instead of his hand. If you are wearing a cap with a visor, so can you.

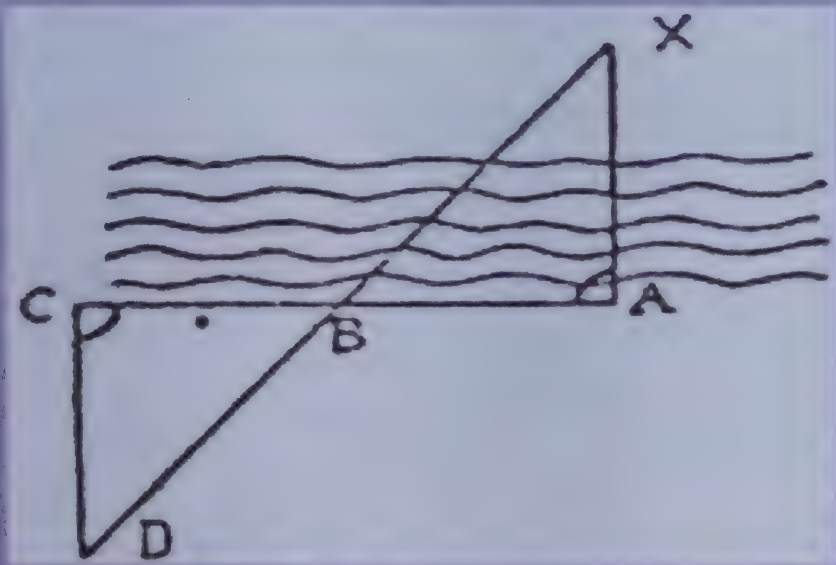
### **Measuring Widths - Stride or Step Method**

Select an object on the opposite side of the river, such as a tree and we mark it as A. Mark the point directly in front

of the object on the opposite side of the river, mark it as point B take at least 50 paces to point C, so as to form line BC. Note that line BC should be perpendicular to line AB. Mark point C with a stick or another person. Again, pace another distance to point D. The distance CD is half the distance of BC. From point D, pace another distance to point E. Line DE is parallel to line AB. Point E is marked on a location wherein you can see point forming a straight line with point A. meaning when you look at the stick on point C. it somewhat blocks your line of sight to point A. The distance AB is twice the distance DE.  $AB = DE \times 2$ . We can alter the method a bit. Instead of having distance CD half the distance between BC, we can make it equal to each other. Do the same method to find point E. Using this alternative,  $AB = DE$ . This is more accurate.

## Triangulation Method

A is a position where you are standing. X is a object on another side of the river bank. Take 6 to 10 more more steps on any side say towards C (Imaginary point). Halt at B i.e. middle of the A-C. At B, put one staves or another Scout/Guide may stand. Walk upto C i.e. equal steps of A B. For



Example if you have walked 10

steps from A to B. Then walk 10 more steps from B toward C. From C, walk on opposition direction upto the place where you will found B and X in same line. Marked that point as D. Distance from C to D is the Distance/Width of the River i.e. AX.

## NAPOLEON METHOD

Stand on one shore. Bend your head, chin against chest. Hold your hand to your forehead, palm down.

Move hand down until the front edge of it seems to touch the opposite shore. Now make half right turn 'transferring' the distance to the point which the edge of your hand seems to touch is the width of the river, place it.

Napoleon would have

used the brim of his hat instead of his hand. So would you if you had on a broad-brim Scout/Guide hat.

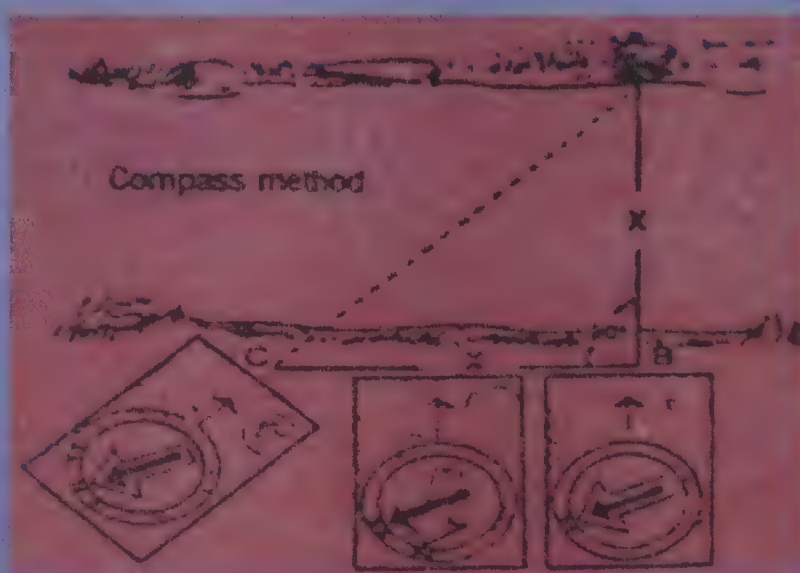


## COMPASS METHOD

Stand on the one side of a river (B) notice a rock or object exactly opposite to you on the other side of the river (A). point the travel direction arrow of your compass at the rock.

Turn the dial until the compass needle lies over the orienting arrow,

north point pointing N. Read the degrees (in this case 120) Add 45 (making it 165). Walk along the river pointing the travel arrow toward A. when the compass is oriented, stop ©. Distance CB is the width of the river.



## SELF MEASUREMENTS

For estimating the distances or widths your Scouts/Guides will have to know your self measurements. As given below.

As an aid in making short measurements you should know a number of your personal measurements. Your known hand-span will often be particularly useful.

**If fully developed your measurements will be close to this:**

- Breadth of thumb, and nail joint of forefinger = 1 inch (2.54 centimeters).
- Span of the thumb and forefinger = 6.5" (or 17 centimeters).
- Span of thumb and any other finger = 8.5" (or 21.6 centimeters).
- Wrist to elbow = 10" (or 25 centimeters).
- Elbow to tip of forefinger = 17" (or 43 centimeters).
- Your reach, arms out-stretched, will nearly equal your height.



## 7. OUT OF DOORS

### a) TROOP/COMPANY WIDE GAME

There are many types of games, some help the Scouts/Guides to become alert and intelligent and provide an outlet for energy and high spirits.

Wide Games is one of the types of games, which include Woodcraft games, (i.e. tracking, stalking and nature observation)



covering long periods of time and space and take the Scouts/Guides right out into the open, bringing emergencies. First aid, Nature Craft, Compass, Mapping etc. This type of games is often played in Wooden area, providing for planning and organizing.

A lot of imagination is required to set the scene and formulate the playing conditions. Valuable training comes through the way games are played as well as through the games themselves. Thus the Scouts/Guides realize that any job should be tackled when you follow certain basic principle steps.

Wide games develop their courage, their sense of honesty, self control and fair play; while quiet games are important in the development of ingenuity and resourcefulness.

Usually, Patrol will become the basic unit for the

Troop/Company wide games. All the members co-operate to each other.

Unit Leader should give the demo any wide game to develop interest of Scouts/Guides . Before planning or playing Unit Leader should visit the spot make sure of effectiveness of the environment and safety.



Story or a situation or a event has to be created involving Scouts/Guides skills.

They should have enough assistance. May take the help of parents, friends left Scouts/Guides . Proper instructions should be given starting and coming back time to be pakka. Unit Leaders should follow the Scout/Guide after the game. It should be evaluated by Scout/Guide and Unit Leader for further improvements.

**Following suggested games are:**

1. Defend enemy
2. Catch the Scout/Guide
3. Release kidnapped Scouts/Guides .
4. Find out the lost treasure.
5. Hunt for treasure.
6. Attend mass accidents-Train, Bus and collapsed building.
7. Earthquake relief.
8. Flood relief.
9. Controlling epidemics.
10. Famine relief.

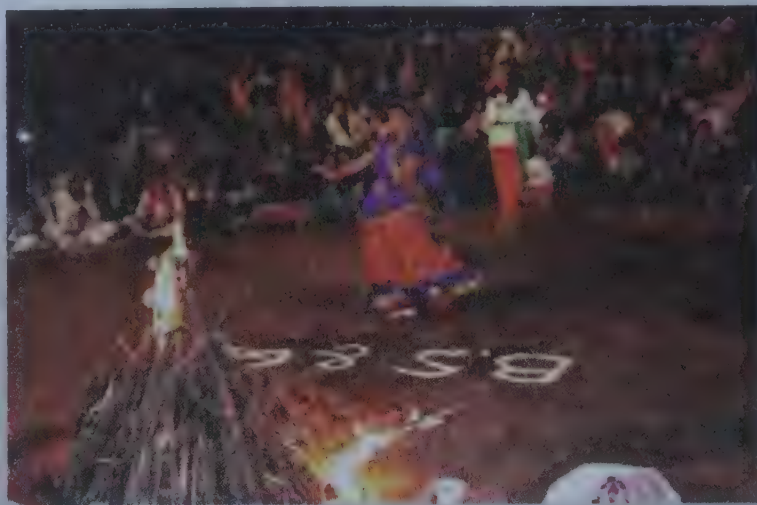
*For variety of games, you can go through the book **GAMES GALORE** of National Headquarters.*

## b) Troop/Company Campfire

### Activity:

Participate in a Troop/Company campfire and know at least two folk/patriotic songs and participated in a patrol skit.

A campfire is a fire lit at a campsite, to serve the following functions: light, warmth, a beacon, an insect and/or apex predator deterrent, to cook, and for a psychological sense of security. In established campgrounds they are usually in a fire ring for safety. Campfires are a popular feature of camping, particularly among organized camper such as Scouts or Guides.



## c) know and practice Road safety rules for vehicles :

Road Safety is safety on the roads. Road safety is the process of learning how to be safe and sensible when driving a vehicle on a road.

Basic Rules of Road Safety  
With new vehicles



coming out each day and lot of new drivers behind the

wheel, it is imperative that we get back to the basics and make sure we are following the rules and making sure everyone else we know is following the rules. No exceptions – if you are behind the wheel of a car or riding a two wheeler you have to know and follow the rules.

**1.Keep Left:** Drive as close to the left side of the road and allow all traffic going in the opposite direction to pass on the right hand side.

**2.Turning Left:** When needing to turn onto a road on the left, stay close to the left side of the road and after making the turn continue on the left side of the road. (Do not cut across lanes from the right side of the road and then turn left).

**3.Turning Right:** When turning onto a road on the right side, first approach the center of the road as safely as possible and then turn to the right and stay on the left side of the road.

**4.Passing:** If there is a need to pass traffic proceeding in the same direction, always pass/overtake them on their right side. The only exception to this would be the case where a vehicle that is trying to turn to the right (and has indicated their intention to turn right) is occupying the center lane and therefore requires passing them on the left side.

**5.When being Passed/Overtaken by another vehicle:** The driver should not speed up or do anything to prevent the other vehicle from passing.

**6.Intersections:** Drivers should slow down when approaching road corners, intersections, junctions or pedestrian crossings and not enter until sure that such an entry will not endanger the safety of pedestrians or people in other vehicles there.

**7.Right of Way:** When entering an intersection that is not regulated by a traffic signal or by a traffic policeman and which is an entry onto a main road, the driver of the

vehicle is to give right of way to the vehicles already proceeding on that road. In all other cases the driver is to give way to traffic approaching from his right hand side and only then proceed.

**8. Emergency Vehicles:** Fire Service Vehicles and Ambulances are to be allowed free passage and drivers of all other vehicles should move their vehicles to the side of the road to do so.

**9. Pedestrians:** Pedestrians have the right of way at uncontrolled pedestrian crossings.

**10. "U" Turns:** "U" turns may be done only when

1. Not explicitly prohibited by a sign
2. Only after indicating the turn is being planned either through a hand signal or through the vehicle indicators
3. After checking the mirrors to make sure there is no traffic from behind
4. Checking the road to make sure that there is no other traffic and it is safe to do so.

**11. Required Signals:** These are really hand signals as mentioned in point 13 of the rules of the road. Very few people actually know the hand signs and use them. It is good to learn them and be prepared to use them if you have any issue with your indicator lights or with your brake lights. The hand signs for the following should be followed if the vehicle brake/indicator lights do not work:

1. When the vehicle is about to slow down
2. When the vehicle is about to stop
3. When the vehicle is about to turn to the right side or pass a vehicle on the right
4. When the vehicle is about to turn to the left
5. When indicating that it is safe for the vehicle behind to pass

**12. One Way Roads:** On designated "One Way" roads drive only in the direction indicated on the road signs. Do

not drive the vehicle in reverse into a "One way" street.

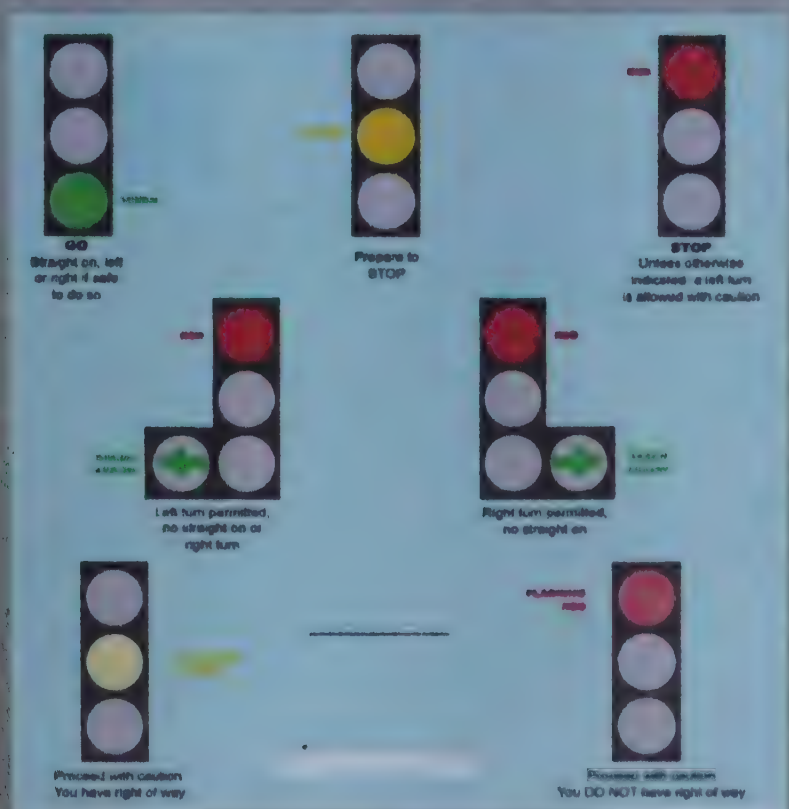
**13.Stop Lines:** At road intersections, pedestrian crossings and stop signs make sure that the vehicle is fully behind the stop lines painted on the road. The driver has to drive taking into account this requirement of stopping before the stop line when required by a stop light or sign or by a police officer.

**14.Noise:** Drivers should not

- 1.Sound the horn more than necessary for safety. Continuously and unnecessary sounding of the horn is illegal.
- 2.Sound the horn In designated silent zones ( for e.g. such as hospital zones )
- 3.Use multi-toned horns that are harsh, shrill, loud or alarming
- 4.Use cut outs for the exhausts
- 5.Drive vehicles that create a lot of noise when in motion
- 6.Drive vehicles without proper mufflers causing a loud sound

**15.Traffic Lights & Signs:** Obey the traffic signal lights , the instructions given by the traffic policemen or by designated/authorized people in charge of regulating traffic.

**16.Following Distance:** Keep sufficient distance behind the vehicle in front to allow distance to stop if the vehicle in front



has to stop suddenly.

**17.Dangerous Materials:** Other than the fuel and lubricant necessary for vehicle operation, no explosive, inflammable or other dangerous substance should be carried on any public transport vehicle.

**18.Documents to be carried/produced on demand:**The person driving the vehicle is to always carry the following documents:

- 1.Driving License
- 2.Certificate of registration of the vehicle
- 3.Certificate of taxation
- 4.Certificate of insurance
- 5.For transport vehicles the following additional documents are required

- 1.The permit
- 2.Fitness certificate

6.These documents are to be produced on demand by any Police officer in Uniform, Officers of the Motor Vehicles Department in Uniform or by any officer authorized by the Government. If the driver does not have the documents in his/her possession he should produce attested copies in person or through registered post to the officer who demanded it within 15 days.

**Duties of Scouts/Guides :** Please pass these rules to your friends and relatives and if you are/know a first time driver please make sure they go through these before they get behind the wheel. Make sure your own drivers follow these rules and demand that your hired drivers (cabs/rentals/autos/share autos) also follow these rules. Please sign in through comments that you will follow these rules as much as you can and will encourage as many others as you can to do so as well.

*Let us make the roads a bit safer for everyone.  
Drive Safe!*

## d) Know how to ride a bicycle:

Scout and Guides learn to cycle and go on a hike and use it in a daily life. They can earn cyclist badge. They can avoid air pollution save petrol and money. Cycling is a very good exercise to keep fit and healthy. (Picture)

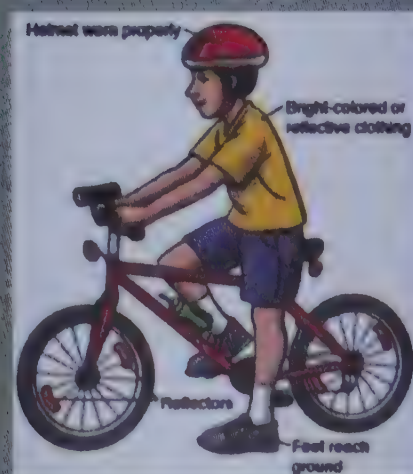
Find a safe place to practice. Concrete is the easiest surface to bike on but is unforgiving if you fall. (With correct b r a k i n g



technique and a properly adjusted seat, however, this should not be an issue. See steps below for more details.) Short grass or even tidy gravel would be acceptable alternatives for anyone who feels panicky about falling, but be forewarned that these surfaces make balancing harder and offer more resistance to bike tires. Wherever you end up going, make sure it has flat areas and gentle slopes (to help you build momentum) but no tight spaces, steep slopes, or traffic.

### 2. Make sure you know how to ride a Cycle safely.

If it is your first time riding, consider lowering the seat so that you can put most of your feet on the ground while seated. You should also check the tire pressure, brakes, and such. If you're wearing long jeans or other long



pants, be sure to roll up the right pant leg so it doesn't get caught in the mechanisms on the right side of the bike. Avoid long skirts or baggy clothing (which could become caught in the gears or tires) and flimsy or open-toed shoes (which might prevent you from stopping yourself effectively should you opt not to use the brakes).

📖 Riding on the sidewalk is inappropriate or illegal or dangerous in some areas, particularly urban areas because you might hit people.

📖 Helmets are necessary and helpful. They help protect heads.

**e) Visit a factory in a neighbourhood of schools/colleges/residence to understand the manufacturing process of various products and also to respect the dignity of labour and know about pollution control method adopted by the factory.**

Dear Scouts/Guides , you have to visit the factory of nearby place and understand the process of products how the particular items are produced. You have to see the work of the labour working in it so that you can understand how they worked hard to get the production so that you will be able to respect their work. You must know the method of pollution control used in the particular factory. Visit report to be written in the Log Book with the name of the visitors, factory name and its owner and your observations.

## 8. SERVICE

***Dear Scout/Guide,***

***You are showing much interest in learning many activities. But there is no meaning in learning and learning if you do not put in practice, the service to the community. Try for the following activities in community service.***

**a) Undertake a development Project in your school in consultation with the head of the institution.**



Community Development is a process of growth from a state of dependence to one of autonomy. Development of people, involving them in identification of their needs and working together with others in the community to solve the problems

Educational process of change based on collective action taking place within a community and leading to a better quality of life with the people.

Start with small project. Community solves their own problems.

## HOW ?

- a. Start with an idea.
- b. Develop the idea.
- c. Decide where you want to do.
- d. Identify problems.
- e. Data information to be collected.
- f. The project is defined & planned.
- g. The project is accepted.
- h. Resources are secured.
- i. The project is implemented.
- j. The project is assessed.
- k. The results are evaluated.

### **b) Participate in a Social Service Camp/Camps covering over a period of a month.**

You have to participate in a Social Service Camps for minimum 30 days in total. It may be one camp for a month or spread in two months or whole year. Write down the report of the work done and your feeling and submit to your Unit Leader.

### **c) Serve in community fair or Mela including preparatory and post event assignments of Mela/fair.**

You have to participate in a community fair or Mela and help the organisers in the preparation of the same, during the event and in the winding the event. Write down the report of the work done and your feeling and submit to your Unit Leader.



### **d) Participate in an Anti Litter Campaign with your Patrol and help to clean up an area around your school or headquarters**

You have to participate in an Anti Litter Campaign organised by your Troop/Company or Patrol and get the area clean. Write down the reports.

### **e) Demonstrate the 3R's of Conservation: Reduce, Recycle & Reuse.**

"The three R's – reduce, reuse and recycle – all help to cut down on the amount of waste we throw away. They conserve natural resources, landfill space and energy. Plus, the three R's save land and money communities must use to dispose of waste in landfills. You should know what type of material we can reduce, recycle and reuse it in our life and show it.

### **f) To form and participate in Self Help Groups**

#### **What is Self Help Groups:**

#### **SELF HELP GROUP (SHG)**

Over 40% of the population of India belongs to the economically poor/ weaker sections of society and a large majority of this number live in urban slums. The more marginalized among these hold menial jobs, working as coolie labourers, vegetable vendors or domestic workers. Theirs is a hand-to-mouth existence, with the household managed in large part by the women. With large families and/or high incidence of alcoholism among their men folk, the women often resort to borrowing from moneylenders at heavy interest rates (interest up to

Rs.20 for every Rs.100 lent). Banks are unwilling to lend money to the poor and even pawnbrokers demand security. Though the government has made financial inclusion a priority agenda, accessible savings systems and credit facilities are still very much out of reach of the poor, particularly in slum communities.

Empowerment is a crucial component of any attempt to tackle the root of poverty.

The Self Help Group (SHG) program is designed to provide the poor with access to savings and credit systems, seeking to catalyse that process of empowerment through stimulating economic change within the lives of the group members.

### **SHG MEETINGS AND TRAINING PROGRAMS**

Each SHG has between 10-15 members. Monthly meetings are held where members collect their savings and pay loan dues. Discussions at the SHG meetings are not restricted to only thrift and credit but extend to other areas of the women's lives – children, family problems, incidents of domestic violence, civic issues (water or sanitation problems, bad roads, no electricity, etc.). They are thus able to collectively negotiate with the government on some of these issues.

Capacity building programs through training is organized by APSA for its SHGs on various topics such as book-keeping, budgeting, accessing credit and bank linkages, government welfare schemes, gender rights and addressing issues of gender-based violence in the community, personal development, health and hygiene, child rights and child protection structures and legal rights. The quality of life of these women, their children and families has improved with better access to information, facilities and benefits.

The experience of SHG program over the last 15 years has been extremely positive. SHG intervention has resulted in:

- Increased women's economic power through savings
- Enabled shift in gender roles in the home with regard to husband and family through increased respect because of the additional financial power
- Built awareness among members on the importance of collectively pooling and saving money and sharing common experiences
- Made members realize the power of the collective in fighting for their rights through strengthening, supporting and guiding one another
- Given members hope about what they can achieve in their lives
- Additional security and support through SHG Federations
- Reduction in incidents of child marriage and child labour among families of SHGs
- Enhanced quality of life of members, who have also played active roles in addressing community-based issue

You have to find SHG in your area and help them in their work.

### **g) Such other sustained activities where Scout/Guide skills are made use of**

Some Examples: like park adoption and making some pioneering project for the use of children etc., First Aid Service, Service in Hospital etc.

## 9. SENSE TRAINING

The Kim-games get their name from Kim, the hero from Rudyard Kipling's novel „Kim“, who took upon himself the training of his memory and perception abilities. Kim-games use the senses to learn. These can be used for any age group.



**Kims games:** It is a sense training games it not only improves capacity sense organs but also exposes defects, if any unknotted by parents and neglected by children.

Vision and hearing defect can be easily detected through this game by playing repeatedly it improves recognition, recall and memory.

There are different kinds of sense training games(KIM's Game):-

1. Observation games
2. Taste games
3. Sound games
4. Smelling games
5. Touch games

### Activity:

Play any type of sense game now and train yours senses as well as your memory. Your SM will organise the game. Enjoy it.

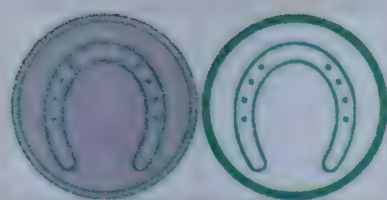
## 10. Qualify for two from the following Proficiency Badges:



**(I) Cook**



**(ii) Debator**



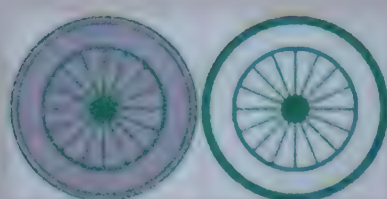
**(iii) Friend to Animals**



**(iv) Gardener**



**(v) Handyman**



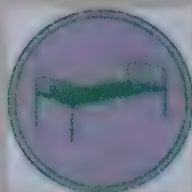
**(vi) Cyclist**



**(vii) Launderer**



**(viii) Reader**



**(ix) Hospital man**

***For more details refer APRO Part II***

## 11. DISCIPLINE:

### a) Know the various Troop Formations.

#### TROOP FORMATIONS

All Troop formations should be practiced till the Scouts/Guides can do them smartly, silently and orderly. In the drills the PL is always on the right and Second is in their rear or on the left of the Patrol.

- **Line formation** – for inspection purposes.
- **File or rows** – for competitions.
- **Open column** – on ceremonial parade.
- **Close column** – on ceremonial parade.
- **Arrow formation** – (spokes of a wheel) where there is only a small space available.
- **Horse shoe formation** – for all assemblies.
- **Circle formation** – for game, campfire.

In all these drills use hand signals and avoid loud commands. Drills and orderly movement are to make Scouts/Guides very smart and agile and to move in an orderly fashion as a Troop.

Avoid physical jerks and stamping.

On a signal given by the Scoutmaster every Scout/Guide immediately doubles to his proper place in his Patrol. The whole formation stands facing the SM.

The moment the SM completes the signal the Scouts/Guides start running and get to their proper places. The SM keeps the signal on till the whole Troop formed.

**b) Be able to march three deep with your Troop smartly & in good order. Follow drill commands during marching.**

### **Drill :**

Scouts/Guides should know how to move from one point to another quickly and in good order whether they are together as a Scout Troop/Guide Company or in Patrols. Frequent practise in drill will give them the necessary training and



keep them smart.

"Scouts/Guides should know how to move quickly in Troop/Company and Patrol group from one point to

another", says B.P. "When done right, practice to in quick and orderly Movements set them up, and make them to smart and quick." It strengthens the muscles which support III# body, and by keeping the body upright in the lungs and heart get plenty of room to work and the inside organs are kept in proper position for proper digestion of food.

### **B.P. Continues:**

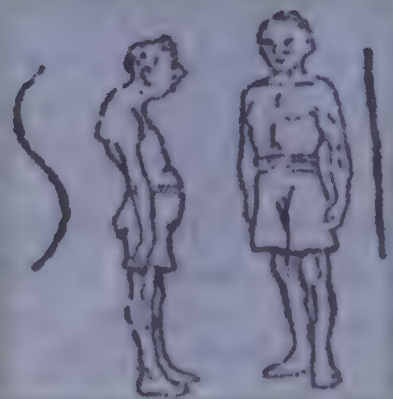
"A slouching position depresses them doing this Properly, so that a man in that position is generally weak and often ill."

### **Drill Commands:**

Fall in (Line ban)

Right Dress (Dahine Saaj)

Eyes Front (Samne Dekh)



Stand at Ease (Vishram)

Stand Easy (Aaram Se)

Attention (Savdhan)

Right Turn (Dahine Mur)

Left Turn (Bayen Mur)

**Fall in (Line ban):** All the Patrols fall in, in a single line in front of the Unit Leader. Formation of two and three lines is used occasionally.

**Right Dress (Dahine Saaj):** The boy of the front line on the right flank stands stilt. The Scout/Guide immediately behind him/her raises hand frontward and adjust the arm distance. Similarly all others in that line will adjust the arm distance

All other boys in the front rank turn head and eyes to the right, and raise their right arm with clenched fist. Scouts/Guides use the left arm when carrying a staff.

All other boys of the second or third line if any cover up from the front rank and dress by looking to the right without raising the hand. On the command "EYES FRONT (Samne Dekh)", head and eyes are brought sharply to the front and the arm is dropped smartly to the side.

**Left Dress (Bayen Saaj):** Substitute the word left for each word 'right' in the above description.

**Stand at Ease (Vishram):** Move the left foot off to the left about twelve inches body evenly balanced on both legs, hands behind the back, right palm resting on fingers of left palm stretched and thumbs crossed. No movement is allowed until the Next command "STAND EASY" is given. You can relax, but do not move your feet and do not talk.

**Attention (Saavdhan):** Bring the left heel closer to the right heel, keep the toes open at 30degrees angle and

stand erect. Head and eyes to be front, arms to sides with hands closed fist, and thumbs to the front just behind the seam of the trouser.

**Right Turn(Dahine Mur):** On the command Pivot on right heel and left toe making 90 degrees angle to the right side and bring left foot to the right foot.

**Left Turn(Bayen Mur):** Substitute the word " Left" for the "Right" and action will be vice-versa of the above description.

**About Turn(Peeche mur):** On the command pivot point right heel and left toe making 180 degrees angle(completely turning back) bringing the left foot in line with the right foot. To maintain the uniformity generally number is given as One-Two-Three or One-Two-Three -Four.

**Number from Right:(Dahine Se Ginti Kar):** All the Scouts/Guides standing in a rank in front of the Unit Leader will give their numbers 1-2-3-4----from the right hand side of the rank.

**Open (Khuli line Chal)& Close Order March(Nikat line Chal):** All the patrols are standing one behind the other in front of the Unit Leader with a distance of two steps in between each patrol. When open order command is given the patrols will be marching apart by two steps(first line two steps forward and last line two steps backward ). On the command close order column the first line will go two steps back and last line comes two steps forward. On both commands middle line stands still.

**Dismiss(Visarjan):** Turn to the right, salute, One step to the right and disperse.

### **c) Participate in four All Faiths Prayer meetings in your Troop**

Programme as followed by National Headquarters

1. Prathah Smaran,

2. Saraswathi Vandana,
3. Guru Vandana,
4. Raghupathi Raghava,
5. Jaya Bolo,
6. Individual Faiths  
(In Alphabetical Order),
7. One Minute Silent Prayer,
8. We Shall Over Come,
9. Her Desh Men Tu,
10. Shanti Path



- ✦ In the beginning all members who are present sing together the SHLOKAS prayers and BHAJANS.
- ✦ Then individual prayer will read/sung/say loudly by one representative of each faith.
- ✦ After keeping silence for few moment all sing together Bhajans and at the end Shantipath.
- ✦ All move out quietly.

✦ Solemnity is to be maintained.

The Bharat Scouts and Guides have published a small booklet called Hamare Solah Geet , it is both in Devnagri and Roman script. So everyone is able to make use of it. There is C D also on sell.

**Attain such four meeting,.**

**Note:** *The All Faith prayer meeting should be conducted with full devotion and solemnity. As a guidance individual prayers are to be made only when a member who follows the religion as a practice which means in case your crew do not have a Jain or a Christian as a member others following a different religion should not be allowed to make individual prayers of Jainism or Christianity. Further if all the members of the crew/team follow a single region the all faith prayer can be only with all the common songs as provided in **Hamare Solah Geet.***

## 12. COMMUNICATION:

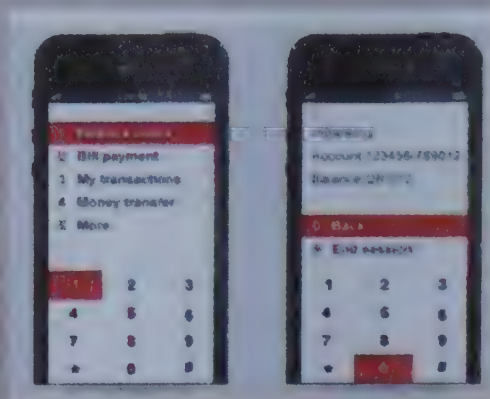
**a) Use a computer and know the advantages and disadvantages of mobile phone, internet and their applications in the development of the country.**

You have to learn the use of Computer and know its advantages and disadvantages. It is not possible to describe here so for the purpose, you must learn it.



### Advantages of Mobile Phones

Living without mobile phones is a very difficult task today as we are so used to it. There are a lot of merits to it which is attracting us towards mobile phones. Many of us can't even part with it at least for one day. Let us see why and how this particular device was able to find so much of place in each one of our lives.



Wherever we are, we feel secured just because we have a mobile phone with us and that helps us to call our loved ones when needed or in case of emergency. In short, it is like a good companion who can save and help us.

With the advent of mobile phones, we are able to keep in touch with our clans and pals. Earlier, we would either have to call them through a land phone or visit them in person, but now everything is easy as we are just a click away. In fact, it has helped in globalization too.

Another advantage is that mobile phones act as a

walkman too. When waiting for a bus, alone at home or bus, we can listen to our favorite music, radio channels etc through our cell phones. This feature has won the mind of music lovers and others too as it keeps us engaged.

The next main advantage of a mobile phone is the ability to capture every single moment and to treasure it. Many among us have a passion towards photography, but I agree that mobile phone cameras are not a substitute to the professional SLR cameras. It is not practically possible to carry the huge SLR cameras every day, and we never know when a moment approaches, hence a mobile camera is of great help at times.

The facility to access internet is another main feature which has attracted many buyers, especially those addicted to it and the business people. With the popularity of social networking sites, mobile phones with internet have great demand.

A main advantage of mobile phones is the ability to send and receive SMS. Many times we might not be able to take up the call or make a call while in a meeting, in a classroom or so, at these times SMS will be of great help. We get to know or can inform other important things with the help of SMS.

The facility of MMS (Multimedia Messaging Service) enables one to send messages with pictures as well. A laptop too has similar facility but mobile phones are much more easier to carry than laptops.

Anything from making a call to booking a ticket is possible through mobile phones. Everywhere even while filling up an application form, we need to pen down our

mobile number. These examples shows us how widely people have accepted it.

Having a top brand and latest mobile phone is a prestige thing now, hence people buy it for status and show off purpose as well.

### **Disadvantages of Mobile Phones :**

There is not even a single thing in this world which does not have demerits, so does mobile phones too. We are standing in the period where people are busy shooting the videos of an accident via mobile phone rather than trying to help the victims. Read and understand the below mentioned effects and hazards related to mobile phones and use the device accordingly. I agree that we are so used to mobile phone, but we should atleast try to minimize its use or to use it properly. The main disadvantages of this technological advancement is listed below.

The radiations emitted from mobile phones can affect us very badly but we ignore this factor for our convenience. Studies have proven that the radiation can affect our brain while talking through cell phones, it can affect the reproductive organs and the production of sperms if the phones are put in our pant pockets.

Using headsets while talking and listening to music is hampering our brain. It helps in creating tiny bacteria's in our head which in turn will damage the proper function of our body system.

Never ever use mobile phone while it is put for charging as it can cause severe damages up to sudden death.

Usage of mobile phones has increased the number of crimes. Criminals give and take information with the help of this device, which has made their job easier.

Mobile phone cameras are used by many unethical people to capture vulgar and exotic pictures of others unknowingly or knowingly. Later these pictures are used to blackmail the person or is been uploaded over the internet to make money.

Students or kids are left out with latest mobile phones these days, this makes them to use the internet option and thereby they get spoiled if not used properly.

The number of love marriages are increasing, one main reason for this is the increased usage of mobile phones. There are many traps created as well with its use.

New viruses are been created by unethical people to destroy or to collect information from others as most mobiles these days come up with internet facility.

We are first of all leading a nuclear family life style these days, on top of that the increasing usage of mobile phones have reduced the number of visits made to our near one's places. We prefer to talk over the phone and keep in touch with them, hence we do not visit them in person, this affects the bonding between people in the long run.

The latest smart phones, i.phones etc uses high amount of electricity when charging. A study has proved that iphones take as much as electricity as a refrigerator. Aren't we wasting our natural resources buy using phones with lot of features?

The high waves produced by mobile phones has resulted in ending the lives of certain other species, especially birds. They have become endangered just because of these high waves. It may not be affecting us, the humans immediately but surely it is affecting us and we will see it gradually.

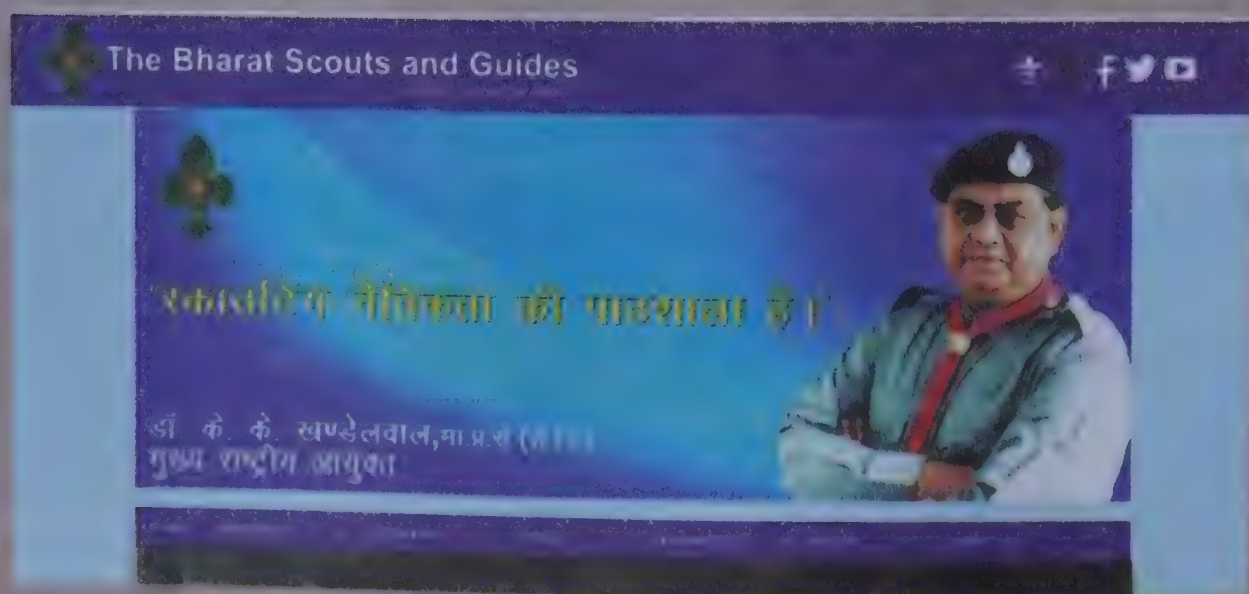
## **b) Know how to use the internet & access the website of the Bharat Scouts & Guides.**

In current generation Internet accessing is one of the daily activity. So, our Scouts/Guides must know to survive on this society. Now it can be done in your school, cyber café or even in the Mobile. You have to learn it.

Power on the computer  
Click Browser  
( Internet Explorer or Chrome)  
Click the address bar  
Type the link you want visit



Website of The Bharat Scouts and Guides is **[www.bsgindia.org](http://www.bsgindia.org)**



## 13. PATRIOTISM :

### Activity :

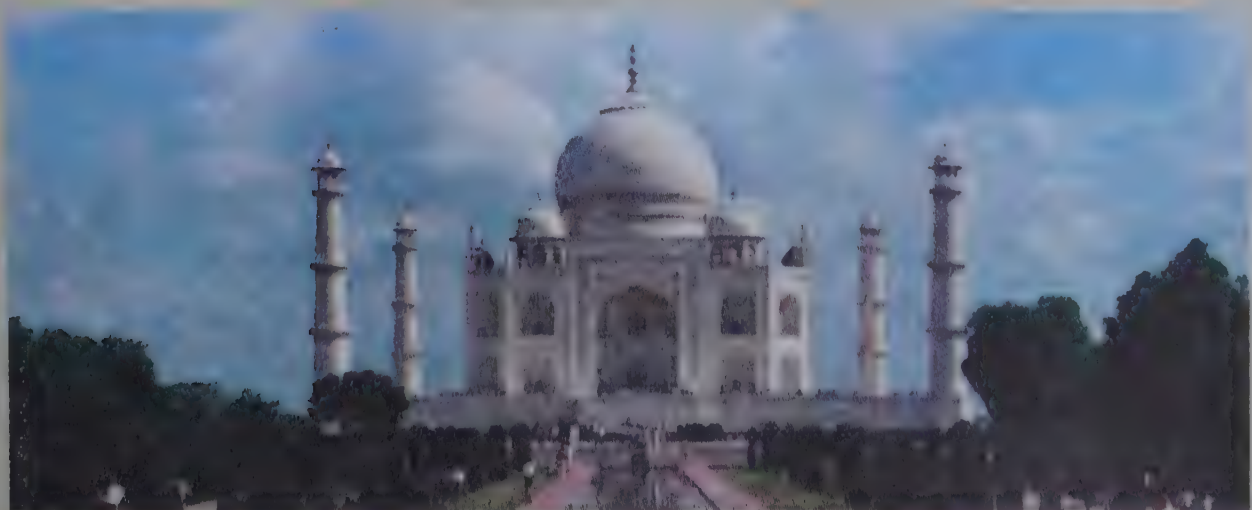
Collect information on our heritage and culture and prepare a log book.

Being a citizen, you must know the important heritages and culture of Bharat(India). You have to collect the information about India in all respect. The India Today, Govt. of India publication is the best one to tell something about current position. For the cultural heritage, you have to find it on different states brochure or website. Write down in the log book

India has a rich cultural tradition. There is a harmonious blend of art, religion and philosophy in the Indian culture. They are so beautifully interwoven in the fabric of Indian way of life and thought that they are inseparable.

Indian culture is actually an outcome of continuous synthesis and has absorbed many external influences in the course of long journey of history. The first stirring of civilisation occurred amongst the people of India some 4,000 years before the birth of Christ.

From those ancient times till recent past, we were exposed to unbroken sequence of civilisations. It is only



the dynamism and the flexibility of Indian culture that enabled it to survive these foreign invasions and retain its originality and traditional character even after imbibing the best of these external influences.



Indian people, by nature tolerant and fatalists, did not at any time ridicule the traditions of foreign civilisations. On the other hand, Indian mind has assimilated much of the thinking of the other cultures, thus enriching it and thereby becoming unique in its character. Today, it is the uniqueness which attracts the Western societies to the Indian culture. Disillusioned with their materialistic lives, they turn to India for solace and peace. The wisdom of our ancient epics like the Ramayana and the Mahabharata serves as a beacon light to the seekers of spiritual bliss.

In the Bhagavad Gita, Lord Krishna tells how every human being can come to live the subtle philosophical principles laid down in our scriptures in the actual day-to-day life. Lord Buddha taught us to follow the 'Middle Path' by exercising control over the passions. One has to admit that Indian sages and philosophers had started pondering on great issues more than 200 years ago which have been raised in the West only in the last century.

Indian art was influenced by the religious beliefs and the philosophical trends of the times.

The temples of the south, the caves of Ajanta, Ellora and Khajuraho are living testimony to the artistic excellence achieved by the



Indian artists, sculptors and architects in those gone by days. Foreign tourists experience a spiritual reawakening on visiting these temples.

Indian music is remarkable because of the continuity in its growth. Long before the Christian era, it had developed not only definite laws of theory and practice, but even comprehensive theories of appreciation.

Like Indian dance, it is built on the concepts of ragas and fast. Each raga is regarded as appropriate to certain emotions a certain mood suitable for certain time of the day or night.

There are two major schools of classical music—the Hindustani and the Karnataka. Both derive their rules from the classical treatises Natya Shastra of Bharata and Sangeet Ratnakar by Sarangdeva. There are about 250

ragas commonly used in north as well as south. Indian music has had great impact on the Western music. Great maestros like Pandit Ravi Shankar, Zakir



Hussain, etc. have made valuable contribution towards popularising and promoting Indian music abroad.

The background of Indian dance is infinitely rich and varied, as varied as the land itself, yet with the same underlying unity which binds the people of the country together.



The dances of India, whether folk or classical, are an eloquent expression of an ancient civilisation, whose timeless wisdom continues to evoke the passionate search of man for conscious identity with God. Folk and tribal dances of India are of innumerable types.

But they all express its people's natural gaiety, sense of abandon and rhythm. The origin of classical dances is attributed to the Hindu temples. It was in the temples that they were first conceived and nourished. It was also in the temples that they attained their full stature. While it is true that dances were also performed in courts, and on festive occasions, etc. yet the impulse that gave them birth was religious.

There are four major systems of classical dances in India— Bharat Natyam, Kathak, Kathakali and Manipuri. Other prominent dances are Kuchipudi of Andhra, Odissi

of Orissa and Mohiniattam of Kerala. As in all Indian performing arts, so in dance the concept of rasa holds the central place.



In dancing the rasa is conveyed through bhava or expression, through the technique of abhinaya. One of the latest developments in the field of dance is ballet, which has brought about a synthesis of the lyricism, grace and pictorial quality of Indian dance forms—classical and folk—combined.

Since independence, Indians themselves have become increasingly keen to promote their sense of national identity and cultural unity and in consequence there has been a revival of interest in indigenous folk arts, especially in the realm of music and dance.

Now, it is up to our educational institutions to ensure that the younger generation imbibes the right values and tries to uphold the torch of spiritual and cultural renaissance for the rest of the world to see and emulate and not get carried away by the materialistic ideology of the West,

where man has achieved astounding success in unraveling the -mysteries of nature but feels alienated and rootless in his own community and society.

We must ensure that modern India does not at any stage forget its rich cultural heritage—a legacy of our ancient seers, philosophers and sages.

The success with which 'Festivals of India' have met with in the U.S.A., France and Russia proves the interest of foreigners in our cultural traditions.

At home too, the government's efforts to promote a revival of interest in our folk arts, music and dance have met with tremendous public response.

The classical theatre has a tradition of more than 2000 years. These were mainly performed on platforms raised in temple courtyards and palaces. The choice of themes was mainly taken from folk stories, epics and religious texts; it was an elaborate affair and combined dance, acting and music.

Historically speaking, with the passing of early Hindu kingdoms—under whose patronage the arts had flourished in India—and the Muslim invasion of the North, the dramatic tradition almost died in the North. However, south of India retained a remarkable continuity of its cultural heritage virtually because of its geographical position, where the foreign invaders did not meet with much success.


It goes to the credit of the Indian people's tenacity and ability that they were able to retain their essential traditional outlook in spite of fierce onslaughts by invaders.



It will be good, if you prepare a log book of atleast one state and write down about their culture, costumes, language, food, marriages, festivals, folk songs, folk dances, Historical places with history, professions etc.


Hope your progress card is now filled with all the signature of the Examiners appointed by the Dist. Badge Committee/DOC. After completion of all the subject and on the recommendation of COH, your Unit Leader will report to the Dist. Badge Committee through Training Counsellor and DOC and a beautiful badge of Dwitiya Sopan will be presented to you.

***Now you are ready to start the work for Tritiya Sopan. Congratulations.***




**STEP 1: CHOOSE YOUR PLATFORM!**

- ❖ WhatsApp: Save number + 919650 414141 as U-Report India. Go to WhatsApp, Type **BSG** and Send.
- ❖ Facebook Messenger: Search for U-Report India in Messenger. Type **BSG** and Send.




**STEP 2: REGISTER AS U-REPORTER!**

- ❖ Answer simple questions about yourself and get registered as a U-Reporter! You will get a U-Reporter ID.
- ❖ Don't worry, the platform is completely free and anonymous!




**STEP 3: COLLECT U-POINTS & WIN**

- ❖ Collect U-Points each time you refer a friend to sign-up as U-Reporter.
- ❖ The U-Reporters with maximum U-Points will win exciting prizes from BSG and U-Report India!



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# The Bharat Scouts and Guides

National Headquarters - Regional Map



## Details of the states in the BSG Regions

### NORTHERN REGION

- |                              |                     |                                 |
|------------------------------|---------------------|---------------------------------|
| 1. CHANDIGARH - U.T.         | 2. DELHI            | 3. HARYANA                      |
| 4. HIMACHAL PRADESH          | 5. JAMMU & KASHMIR  | 6. KENDRIYA VIDYALAYA SANGATHAN |
| 7. NAVODAYA VIDYALAYA SAMITI | 8. NORTHERN RAILWAY | 9. NORTH CENTRAL RAILWAY        |
| 10. NORTH EASTERN RAILWAY    | 11. PUNJAB          | 12. UTTARAKHAND                 |
| 13. UTTAR PRADESH            |                     |                                 |

### NORTH EAST REGION

- |                           |            |             |
|---------------------------|------------|-------------|
| 1. ARUNACHAL PRADESH      | 2. ASSAM   | 3. MANIPUR  |
| 4. MEGHALAYA              | 5. MIZORAM | 6. NAGALAND |
| 7. NORTH FRONTIER RAILWAY | 8. SIKKIM  | 9. TRIPURA  |

### EASTERN REGION

- |                          |                    |                         |
|--------------------------|--------------------|-------------------------|
| 1. BIHAR                 | 2. EASTERN RAILWAY | 3. EAST CENTRAL RAILWAY |
| 4. EAST COAST RAILWAY    | 5. JHARKHAND       | 6. ODISHA               |
| 7. SOUTH EASTERN RAILWAY | 8. WEST BENGAL     |                         |

### WESTERN REGION

- |                    |                         |                |
|--------------------|-------------------------|----------------|
| 1. CENTRAL RAILWAY | 2. DADRA & NAGAR HAVELI | 3. DAMAN & DIU |
| 3. GOA             | 4. GUJARAT              | 5. MAHARASHTRA |
| 7. WESTERN RAILWAY |                         |                |

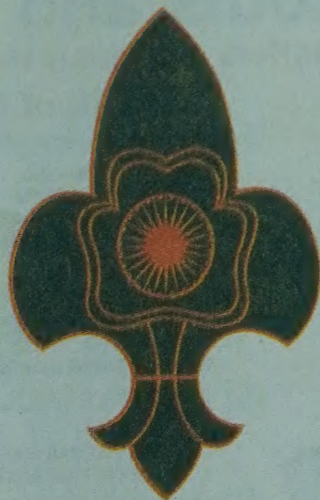
### SOUTHERN REGION

- |                              |                       |                     |
|------------------------------|-----------------------|---------------------|
| 1. ANDAMAN & NICOBAR ISLANDS | 2. ANDHRA PRADESH     | 3. KARNATAKA        |
| 4. KERALA                    | 5. PUDUCHERRY         | 6. SOUTHERN RAILWAY |
| 7. SOUTH CENTRAL RAILWAY     | 8. SOUTH WEST RAILWAY | 9. TAMILNADU        |
| 10. TELANGANA                |                       |                     |

### CENTRAL REGION

- |                 |                               |                          |
|-----------------|-------------------------------|--------------------------|
| 1. CHHATTISGARH | 2. MADHYA PRADESH             | 3. NORTH WESTERN RAILWAY |
| 4. RAJASTHAN    | 5. SOUTH EAST CENTRAL RAILWAY | 6. WEST CENTRAL RAILWAY  |





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National Headquarters, New Delhi

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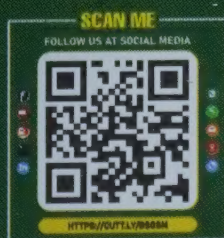
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